

THE JOHNS HOPKINS
NEWS-LETTER
The Cover-Letter





WELCOME

Arriving at college for the first time can be daunting and overwhelming; it's not easy to leave home for a city and school that are probably quite unfamiliar to you. But it's also an exciting time that's full of possibility.

To help you get a head start and make the most of college life, *The Johns Hopkins News-Letter* publishes an annual introduction to Hopkins: *The Cover-Letter*.

This special edition of the *News-Letter* highlights many of the opportunities that abound on campus and beyond, from athletics to religion, classes to greek life, and pass/fail to finding a job. The issue is divided into four sections: "Welcome" features the rich history of Hopkins; "On Campus" reviews the wide variety of events and opportunities available at Hopkins; "Hitting the Books" details the academic life of Hopkins; and finally, "Distractions" details how to relax from that aforementioned academic life.

A frequent winner of the Associated College Press's Pacemaker Award, *The Johns Hopkins News-Letter* has served as an independent student voice for 112 years. Our regular weekly issue contains nine sections, including Arts and Entertainment, Sports, Science and Opinions. Our extensive News and Features section covers all aspects of the University and the community, bringing you breaking news as well as investigative reporting on stories that affect your daily life.

In addition to our regular weekly issues, we will be bringing you more special editions throughout the year including guides to Baltimore, politics and lacrosse, as well as our own environmentally friendly "green guide."

On behalf of the entire *News-Letter* staff, welcome to the Johns Hopkins University.

Katlyn Torgerson and Alexander Traum
Editors-in-Chief

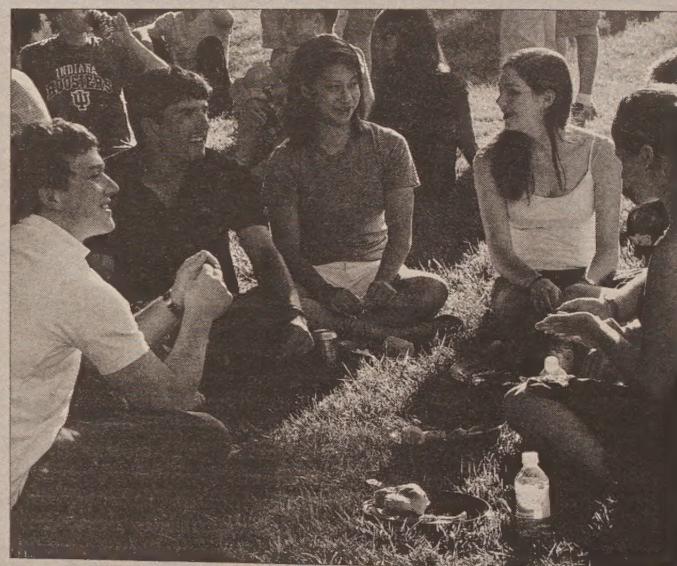


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For the freshmen, Hopkins History 101

By MING WEN

Gather around children, and let me tell you the story of Johns Hopkins, a venerable institution that was founded on the principles of research and named after a great philanthropist whose first name is often mispronounced. The story begins in 1867 when Mr. Johns Hopkins, a self-made man and second son of abolitionist Quaker tobacco farmers incorporated the Johns Hopkins Hospital with the University and began to appoint the board of trustees for both institutions.

Any discussion of the history of Hopkins must first answer FAQ #1: Why the extra letter in Johns? The name comes from a tradition in the Hopkins family of naming sons after the last name of Mr. Hopkins's great-grandmother, Margaret Johns. Margaret Johns's surname was given to their tenth and last son, Johns Hopkins, who then had 11 children. The first son, Samuel Hopkins, bequeathed the second Johns Hopkins, founder of the University. Confused yet?

After his death in 1873, Johns Hopkins set aside \$7 million, the single largest act of philanthropy in the U.S. until that time, to be divided equally between the University and the Hospital.

The University opened its doors in 1876 and managed to lure a remarkable man named Daniel Coit Gilman away from the presidency of the newly-formed University of California to lead Johns Hopkins in charting its own path. He chose February 22, 1876 as his inauguration day, a date of dual importance to the nation: February 22 was George Washington's birthday, and 1876 was the centennial year of the United States of America.

The first undergraduates received their degrees in 1879. Hopkins was the first to require a major, as opposed to the broad liberal arts curriculum taught at that time. The first African American to be admitted as a graduate student in 1887, Kelly Miller left without a degree in 1889. The reasons were economic, as tuition had been raised 25 percent. The first woman to earn a degree was Christine Ladd-Franklin, who finished her studies in 1882. The Board of Trustees refused to grant her the degree until 1926. In the meantime, Florence Bascom received her PhD in 1893.

Mr. Gilman assembled a "dream team" of educators, including classicist Basil Lanneau Gildersleeve, mathematician James Joseph Sylvester, historian Herbert Baxter Adams and chemist Ira Remsen. He founded a school that, while holding to traditional values befitting a Quaker institution, was revolutionary in its focus on the expansion of knowledge through research. Gilman had at the center of his vision, a faculty body which would not be preoccupied with remedial instruction. His desire to attract serious, well-

prepared students has continued to the present day.

The University encountered its first crisis in the 1880s when funds earmarked for the medical school sank in that decade's stock market misfortunes. In 1889 Daniel Coit Gilman pleaded to the nation for a "man of large means" to renew the endowment for the medical school. It would take four long years for any person to come to the aid of the University. That someone was Mary Elizabeth Garrett, the daughter of John Work Garrett, a former trustee and president of the Baltimore and Ohio Railroad.

In the ensuing women's rights battle that occurred, Garrett donated \$354,000, one of the largest amounts given by a woman in the 19th century, to the medical school on the condition that women be admitted on the same terms as men, and that new medical students have an undergraduate degree with a background in science and language. For over 100 years, pre-med students have had Ms. Garrett to thank for all the times they have wanted to take a hammer to their heads.

Ira Remsen took on the mantle of university president after Daniel Coit Gilman resigned in 1901. He expanded the undergraduate program from three to four years, and a round of successful fundraising expanded the buildings on the Homewood campus.

wood campus.

As the world plunged into war in 1914, Frank Goodnow presided over a period of rapid university income growth, from \$500,000 to \$2.5 million annually. As a strong supporter of the University's original intentions, he attempted to strangle the undergraduate program by cutting the first two years of study. While undergraduates around the world cheered him on, the "Goodnow Plan" ended in failure and was withdrawn.

In the long and dreary six years from 1929 to 1935, Joseph Ames presided over a most difficult period for the young University, dealing with a fivefold increase in university debt. This would be reversed by the success of Isaiah Bowman, who balanced the budget by raising \$1 million for the University's endowment. He would also make life easier for returning servicemen, restructuring the university to accommodate them.

As the University experienced post-war growth and good times at last, Shriver and Ames halls were built and the Alumni Memorial Residences were expanded. From 1956 to 1967, under one of the University's greatest presidents, Milton S. Eisenhower, the University endowment was doubled and the income tripled. The athletic center and the MSE Library were built during this time.

In 1970, after a tumultuous takeover by students and faculty critical of the Vietnam War, Lincoln Gordon finally introduced coeducation to the curriculum, and women were allowed to enroll in the University.

During his tenure from 1972 to 1990, Steven Muller administered the building of the Bloomberg Center for Physics and Astronomy and Space Telescope Institute. In addition, he expanded the University in downtown Baltimore and later across the world to Nanjing, China. He also managed to raise \$450 million a year ahead of schedule. For all this, he was named president emeritus, the second to receive this honor after Milton S. Eisenhower.

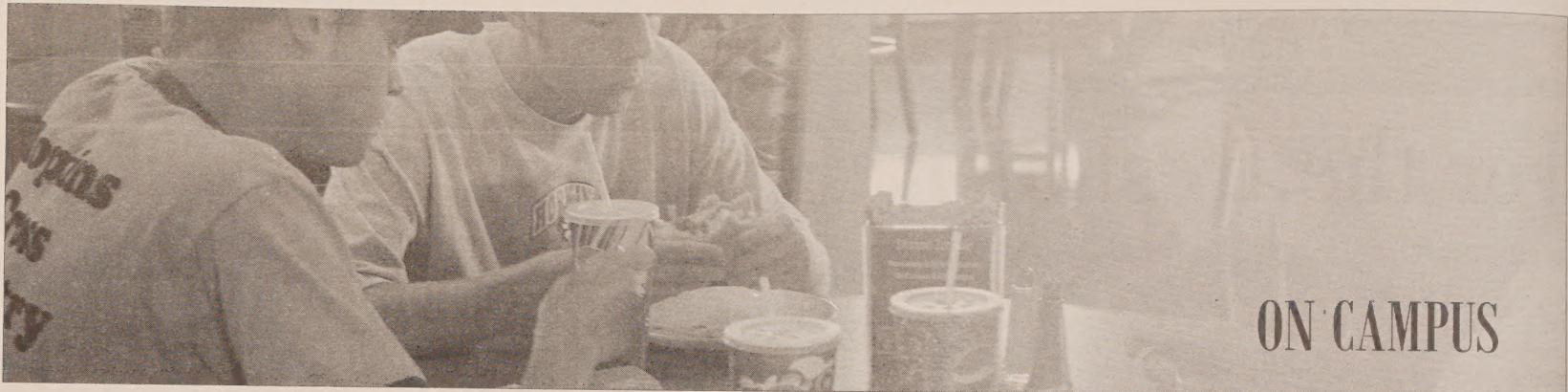
In the 1990s, universities across the country were scrutinized by the government who reduced grants for research. This was not a major problem for the University, as a stream of generous benefactors including Zavvy Krieger and Michael Bloomberg kept the Hopkins Initiative moving towards its goal of \$900 million by the year 2000.

If in fact, after reading this rambling "quick" history of Hopkins, your appetite for the whole history has been whetted, check out *Pioneer: A History of Johns Hopkins University* written by Hugh Hawkins.



ANGELI BUENO

The Homewood House, the original building of the estate that became Homewood, is currently a museum. Admission is free for students with school ID.



ON CAMPUS

Sporting life at Hopkins goes beyond “just” lacrosse

By ERIC GOODMAN

You will hear “Hopkins is a lacrosse school” or “Hopkins IS lacrosse” over and over again for the next four years, but it could not be further from the truth.

Sure, we have won two of the past four national championships, 28 overall, and were national runners-up last season (after knocking off Duke in the semi-finals in what is considered one of the biggest lacrosse upsets of all time,) but often overlooked are Hopkins’s other varsity teams, 23 of them between men’s and women’s squads, nearly all of which have seen recent successes.

Hopkins sports are Division III (D3), except for men’s and women’s lacrosse, which are Division I. Division III athletics are unique in that no athletic scholarships are given. Any athlete admitted to the University must be up to the school’s academic standards first before consideration is given to athletic talent.

Division III athletics also are much less of a time commitment than Division I athletics. Since nearly all Division III competitors will not become professional athletes after college, academics are just as important to Hopkins athletes as they are to any other student, and thus the time

and practice demands placed on athletes at Hopkins are not the same as at a school with Division I sports. Several Hopkins’s athletes were, in fact, recruited by Division I schools but chose to go to Hopkins in order to receive a more complete college experience. Hopkins competes in the Centennial Conference, along with 10 other schools — all Division III — from Maryland and Pennsylvania.

No article on Hopkins athletics would be sufficient without a brief write-up of our home facilities. Homewood Field, located on the northwestern corner of campus, has been the site of Hopkins’s sporting events since 1908, as it celebrated its centennial anniversary last year. Men’s lacrosse and football were the first sports to be played there, and currently those two teams are joined by men’s and women’s soccer and field hockey. The permanent bleachers on both sides provide seating for up to 8,500 fans, and concessions are almost always available during games. The stadium is also lit, allowing for nighttime contests. Indoor sports basketball, volleyball, wrestling and fencing take place in the Goldfarb Gymnasium, while swimming meets and water polo matches are held at the recreation center pool. Tennis matches are held on the tennis courts

right outside of the AMR’s, and there is a baseball field located across from Homewood Field.

While the lacrosse team has consistently performed well at the highest level, other teams, while not necessarily sharing the spotlight with lacrosse, have also had marked success. This past season, one day after the lacrosse team lost in the national championship game, the Blue Jays baseball team was in Appleton, WI, playing in the championship game of the Division III College World Series. Needing to win two games in one day against undefeated Trinity (Ct.), Hopkins managed to win the first game, before losing the second game by one run. Regardless, the national runner-up finish was the best ever for a Hopkins baseball team. The men’s swim team was also a national runner up, but boasted the national champion in 200 meter backstroke in rising junior John Thomas. In 2007-2008, men’s and women’s soccer and men’s and women’s tennis were Centennial Conference champions, and the Blue Jays boasted five academic All-Americans as well as countless numbers of team and individual athletic and academic commendations. Hopkins also operates a website, jhulsports.com, which is updated multiple times daily with scores

and game summaries.

For those who are not able to make a big enough time commitment for varsity inter-collegiate sports but still would like to be active in athletics, there are many options.

Club sports are becoming more and more popular. Overseen by the Office of Recreation, club sports range from very competitive inter-collegiate teams to instructional and social clubs. Club sports are also an option for certain sports Hopkins does not offer at the varsity level (such as softball and ice hockey). A comprehensive list of club sports is available on the recreation center website, but to list a few, the offerings range from club soccer and ultimate Frisbee to Soo Bahk Do (a Korean martial art) and cycling.

Still less competitive but even more popular are intramural athletics. Incredibly easy to become involved with and well-organized by the recreation center, various sports are offered throughout the year, some of the most popular being flag football and three-on-three basketball in the fall, and outdoor soccer and indoor volleyball in the spring. Intramurals are divided up into different divisions by skill level, and you and a group of friends can sign up for whichever division best matches your athletic abilities. All sports are attended to by scorekeepers and referees to make sure things run smoothly, and while the competition can often get heated, it is all in good fun.

Even less of a commitment is plain old pick-up games. The Robert Scott gymnasium at the recreation center has three full-length basketball courts, although usually one is set up for volleyball, badminton or ping pong. Rising sophomore Baris Sevinc is one Hopkins student who would much rather play pick-up basketball at the gym than intramurals. “I like showing up and just ballin’ with whoever happens to be there,” said Sevinc. “I don’t have to worry about letting my team down if I can’t make a game, and I can play whenever I feel like it.”

Studies have shown that becoming involved with athletics can help reduce stress in college students, and here at Hopkins it is very easy to take advantage of recreation opportunities — whether you are a lacrosse superstar or you are like me (5’5” with a bum ankle).



FILE PHOTO

Despite being our only Division I sport, lacrosse is not the only sport in which Hopkins’s athletes excel; our Division II and III teams are popular as well.

Navigating the fine eateries of the Homewood campus

By DOYEUN KIM

As Hopkins students we cannot sustain ourselves purely on books, bread and water. It takes a lot more than that to get through a day. Luckily there are several places on campus where you can restore your energy and appease your growling stomach.

The Fresh Food Café, located on the Freshman Quad alongside the AMRs and Buildings A and B, is mainly frequented by freshmen. For one meal swipe, the FFC offers many options including international dishes, a vegetarian section, a kosher section and other stations from which you can take as many servings as you like. For those of us with irregular schedules the FFC is ideal, as it is open nearly all day serving breakfast, lunch, a modified lunch throughout the afternoon, dinner and even a late night dinner that runs until midnight. When pressed for time, a meal-to-go is also available.

Though only open for lunch, the Levering Food Court presents almost as many choices and a more upbeat atmosphere. You can use your dining dollars at Peppercorn Grill for burgers and sides like onion rings, or at Mas Mex for burritos, quesadillas and nachos. Savory Deli features sandwiches with meat and cheeses from Boar's Head, while Levering Leaves offers various salads. You can also use a meal swipe to compose a Meal-in-a-Minute with one entrée, two sides and a drink. The only setback is that it is closed on Saturdays and Sundays.

On the second floor of the Charles Commons, Nolan's provides a laid-back ambience for dining and socializing, as well as studying. Open from 5 p.m. to midnight every day, this lounge-like dining hall serves traditional entrées such as mashed potatoes and lasagna, in addition to steak and fish from The Grill, sandwiches at the

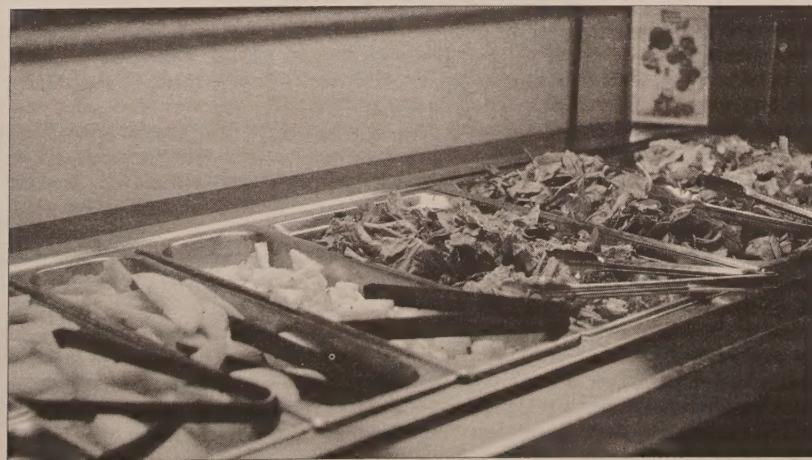
Deli, pizza and sautéed Asian noodles. The potato chips at Nolan's are especially great for the little hungers that visit when you are trying to do some work. Fresh items can be found at the salad bar and artisan pastries at the dessert bar. There are also pool tables and a mini stage with a piano for evening performances and events that enhance the sociable quality of Nolan's.

Most of your dining dollars will probably be spent at the Charles Street Market, the campus supermarket right beneath Wolman Hall. All the essentials are available here. From fresh produce to snacks and gourmet treats, and sufficient goods with which to fix yourself a basic meal, your dining dollars can be put to flexible use. Meals-in-a-Minute are also available at a meal swipe.

Right next door, you can grab bagels and coffee from Einstein Bros. Bagels from 7:30 a.m. to 3:30 p.m. on weekdays, and from 8 a.m. to 3 p.m. on Saturdays and Sundays. Choose from a wide array of bagels and shmears, or try their soups and muffins. They are always hot and scrumptious at pick-up.

For other such quick bites and coffee on campus, Pura Vida and Café Q are good places to recharge between classes. Pura Vida Organic Coffeehouse at Levering Hall provides comfortable couches and wireless internet connection in addition to fair-trade, organic coffee and snacks. Café Q, located on the Q level of the MSE library and also in Bloomberg, has a sizeable list of drinks, in addition to sandwiches, salads and muffins.

The Silk Road Express at the Mattin Center, a café with an Asian and Middle Eastern touch, also sells quick bites and beverages. Though it is perhaps less known, especially among the students who rarely pass through the Mattin Center, it is worth a visit for some bubble tea.



The Fresh Food Café offers a wide selection of foods including a salad bar, a vegan section and grill.

Explore all your boozing options in Charles Village

By DEMIAN KENDALL

It is the *News-Letter's* obligation to formally state that underage drinking is illegal, and we do not condone the use or abuse of alcohol in any forms by parties under the age of 21. With that said, freshmen, it's time to get hammered and make some mistakes. After all, that's what orientation is for.

You're starting to get settled into your new room. You've said goodbye to your parents, started chatting with your new roommates, maybe even already established a dishwashing and vacuuming schedule. As the sun goes down and the night owls gradually take hold of humble Charles Village, you will inevitably find yourself traveling in swarms toward the nearest watering hole to experience everything you've seen in movies such as *Old School*. Maybe even more.

During the first week or so of school, your social nights of underage debauchery will most likely be spent at one or many of the fraternity houses around the Hopkins campus.

These various parties pretty much dominate the social scene for the beginning of the school year, and for a while, may seem like your only option. However, as the semester begins to slow down, you may wish to seek a quieter venue, or some other way to pour yourself a cocktail other than cheap beer and the questionable contents of the "jungle juice."

There are three bars relatively close to the Hopkins campus. Located conveniently between two underclassman dorm buildings (Wolman and Charles Commons,) PJ's Pub is the central hot spot in Charles Village. A Friday or Saturday night generally hosts a large crowd, and music fans will be pleased to find that the jukebox in the corner allows them to pick their own tunes, rather than be forced to listen to Justin Timberlake bring sexy back night after night. PJ's remains one of the cheapest places to get a drink day in, day out, and offers affordable drink specials almost every night.

While PJ's Pub provides a relatively relaxed atmosphere, every once in a while, you'll be hit with the dance fever and will go out searching for the best place to cut a rug and boogie late into the night.

If this sounds like your cup of tea, one needs to travel a mere block away to The Den, a nightclub-esque venue located above Tambr's Indian Restaurant. The music is loud, the drinks are a little more expensive, but The Den is usually packed to the brim just about every night. For reasons beyond explanation, this bar

also attracts several students from the Baltimore area, including club kids from Towson and Loyola, so it's a great place to meet new people and expand your horizons.

For those who need a quiet place to unwind, Charles Village Pub is the place to go. Located on the 31st block of St. Paul Street, CVP has rows of comfortable booths where you can sit down with a group of friends and enjoy each other's company, free from the pounding bass and general mayhem of The Den. CVP's finest asset is its weekday happy hour from 4:30 to 6:30, where one can get discounts on beer, two-for-one rail drinks and half-price appetizers. Happy hour is a perfect pre-game for a Friday night, or simply a nice way to unwind after a long day of classes.

While going out can be a lot of fun, drinking in the dorms with your friends can be just as satisfying (again, we at the *News-Letter* do not condone any of these activities.)

To fulfill these desires, there are three liquor stores located within walking distance of campus. Hopkins Deli is the closest to the AMR dorm buildings (about a block or two) and offers a wide selection at affordable prices. The Deli also has a restaurant section which is excellent for pitchers and pizza during football season.

Hopkins Deli also recently bought Eddie's Liquor Store, located on St. Paul Street right next to Charles Village Pub. This is most likely your best bet for liquor or wine at a decent price, and the staff is friendly and helpful at assisting you with any questions you may have.

A little bit farther down the road, on the corner of Calvert Street and 30th is the undiscovered gem of the Schnapp Shop. This is the cheapest liquor store in the area, but one should be careful traveling there at night, since the area is a little bit more dangerous than others. Be safe and travel in a group, preferably with at least one person who knows karate.

The main advantage that the Schnapp Shop offers (besides low prices) is the friendliness of Mr. and Mrs. Schnapp, the couple that owns the store. Upon entering, you will always be greeted by a wave and a smile, that little extra that makes your shopping venture a tad bit more enjoyable and starts your night of drunken debauchery off with a smile.

So there's your guide to getting a drink during your time at Hopkins. Just remember, college is not all about drinking, but it's not all about the library either.

What to do when you get sick or have a health concern

By ERIC GOODMAN

You will get sick at least once this year. I guarantee it. Not only are college dorms a haven for germs, but sharing beer cups during beer pong, random hookups, bumping into sweaty upperclassmen at Pike and living the suite life (pun intended) magnify the strain on your immune system.

Getting sick almost always sucks. Especially, as is often the case, if you happen to get sick right around the time of a big exam. But fortunately, relief is just a short walk away in the form of the Health and Wellness Center.

Located on the terrace of AMR II, right next to the Fresh Food Cafe entrance, the goal of the Health and Wellness Center is to "provide high quality, confidential health care to the campus community." Services are completely free for students, and the staff consists of board certified physicians, nurse practitioners, a licensed nurse, medical assistants and a nurse mid-wife. Open from 8:30 a.m. to 5 p.m. or 6 p.m. on weekdays and 9 a.m. to noon on Saturdays, students who are not feeling well can either make appointments by phone (410-516-8270) or can walk-in during the day, although for walk-in appointments there may be a substantial waiting period. What often tends to happen is that a virus will go around, and many people will be sick at the same time. If this is the case, your best bet would be to make an appointment in advance in order to avoid a lengthy wait.

If you are feeling very ill or encounter a medical emergency or if the Health and Wellness Center is not open, your best option would be to contact security (410-516-7777) and request an ambulance to take you to either a nearby clinic or hospital (or if you feel well enough to walk, Union Memorial Hospital is right off of St. Paul Street by Wolman and McCoy). If you are going to an outside medical care center, don't forget to bring your insurance card and other pertinent information.

If your examiner at the Health and Wellness Center provides you with a medical prescription, it is your responsibility to have that prescription filled. However, there are several pharmacies in close proximity to the Homewood campus, including a Rite-Aid on Wyman Park Drive and a CVS on 25th Street and North Charles. If you are not feeling well enough to walk you can call for a Hopkins security van to drive you there.

A key to avoiding frequent trips to the Health and Wellness Center is prevention. That is where the Center for Health and Wellness Education (CHEW) comes in handy. CHEW has a permanent office in the basement of AMR II but is very active on campus. Directed by Barbara Gwynn, CHEW's active members are Hop-

kins students, referred to as the "CHEW Crew" and maintain a goal of "providing health education programming and health promotion to the student population to foster and promote a healthier JHU community."

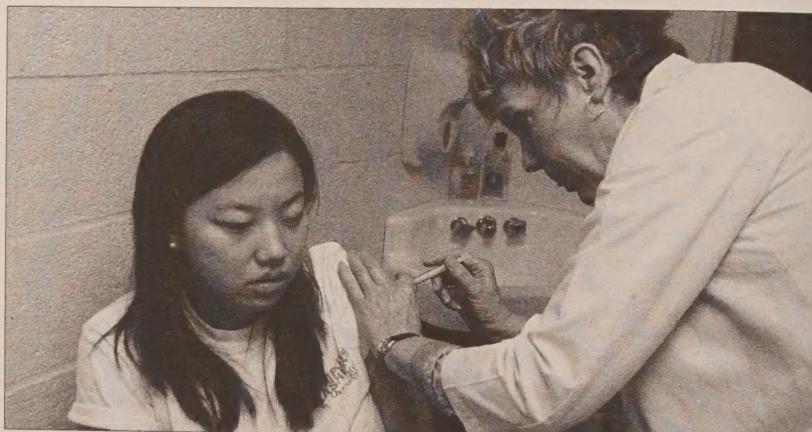
CHEW is comprised of three main student components: PEEPs, Stressbusters and Hopkins Kicks Butts. PEEPs (Preventative Education & Empowerment for Peers) is a peer health education program in which trained students educate fellow classmates on topics ranging from sexual health to nutrition to tobacco and alcohol use. Stressbusters offers free, five-minute backrubs, and is famous for 'Wind Down Wednesdays' on the Q level of the library. Kick Butts works to support and advocate national, state, local and university anti-tobacco related policies and activities.

Additionally, CHEW either sponsors or co-sponsors several health related activities. These include co-sponsoring the Trojan Evolve and College Comedy Tour with the HOP, tentatively scheduled for October 10, sponsoring the SEE (Sleep, Eat, and Exercise) campaign starting this fall, and co-sponsoring "Holy HeathFest, a holistic health fair for the whole you" on

Friday, September 19 from 2 to 5 p.m. at the Rec Center. CHEW also manages Condom Sense, a condom distribution program offering name brand condoms at cheap prices.

To sum this all up — if you have a medical ailment or illness, think you may have an STD, might be pregnant, or need a referral, you should go to the Health

and Wellness Center. If you are looking for ways to improve your physical and mental well-being, curious about illness and injury prevention, or want to learn more about a certain health issue, you should stop by the CHEW office. For more information on, visit the Health and Wellness Center webpage, www.jhu.edu/shcenter/loader.php?page=index.html.



FILE PHOTO
The Health and Wellness Center provides students with vaccinations and re-fills on prescriptions.

Who's who in the Hopkins administration

By DOYEUN KIM

As a member of the Hopkins community, there are some names to keep in mind. Here is a short guide to some of the most important administrators.

William Brody is the current president of the Johns Hopkins University. He concurrently serves on the board of directors of IBM and as a director of Medtronic. After working 12 years as the 13th president of Johns Hopkins University, Brody announced his plans to retire at the end of December 2008 earlier this year.

Kristina Johnson, Provost and Senior



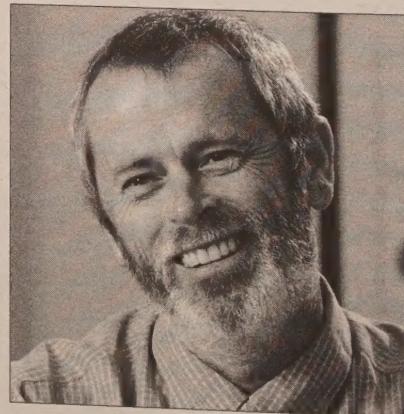
COURTESY OF WILL KIRK
Adam Falk is dean of the Krieger School.

Vice President for Academic Affairs, is the first woman to hold the University's second highest position. She is concerned with promoting the quality of the faculty and staff at Hopkins. Prior to her current position at Hopkins, she worked as the dean of the Pratt School of Engineering at Duke University. She also has several leadership positions in corporations, namely Boston Scientific Corporation, AES Corporation and Nortel.

James McGill, Senior Vice President for Finance and Administration, is President Brody's main adviser on issues regarding finance, budgeting, endowment investment and human resources.

Adam Falk is the dean of the Krieger School of Arts and Sciences. He has been at Hopkins since 1994, when he began as a faculty member of the physics department. Before rising to his current position, he also worked as the Krieger School's dean of faculty.

Nicholas Jones is the dean of the Whiting



COURTESY OF WILL KIRK
Nicholas Jones is dean of the Whiting School.

ing School of Engineering. He had been a part of the Department of Civil Engineering at Hopkins as early as 1986. He also headed the Department of Civil and Environmental Engineering at the University of Illinois at Urbana-Champaign for two years before returning to Hopkins to serve in his present position in 2004.

Susan Boswell, Dean of Student Life, essentially oversees the extracurricular lives of the students at Hopkins. She is responsible for the Counseling Center, residential life, athletics, recreation and other student activities.

John Bader, the Associate Dean for Academic Programs and Advising and Scholarship Advisor, is responsible for Summer Programs, Intersession, ROTC, and the Pre-Medical Post-Baccalaureate program. He is co-chair of the Traditions Committee, which is exploring Homewood's rich history.

Odds are good there's an odd club for you, oddball

By PHYLLIS ZHU

At Hopkins there is a wide range of activities that beckon you. It may be difficult to know where to start, but the SAC fair features clubs in the performing arts, community service, sports, multicultural affairs, academia and more. Keep an eye out for these odd but interesting clubs that could be right for you:

Not an athlete but still want to work those muscles? Check out the Dance Dance Revolution Club that meets in Levering on Mondays from 7 to 8 p.m. DDR is an interactive video game in which players synchronize stepping on a dance platform with directional arrows that appear on the screen to popular songs. It requires coordination, stamina and quickness of the feet (or if you're feeling creative, quickness of the hands!). You can compete with other players, or just have a good time dancing. The first meeting is on Sept. 18 from 8 p.m. to 10 p.m. at The HopStop in Levering.

You've spent a hard day's night of studying on D-Level, and your back is about to break from carrying all those textbooks. Who you gonna call? Stressbusters! Stressbusters is a group of students who give free backrubs around campus to ease the pains of their fellow students. You can stop by Q-Level in the library on Wind Down Wednesdays for a five-minute session with a Stressbuster. Or, if you think you've got talented hands, become a Stressbuster yourself and relieve those aching backs. The training is "for life, and the popularity is instantaneous!"

If you're looking to write and think you have a few funny bones, check out *The Black and Blue Jay*, the only student-run publication on campus that satirizes national and local events and Hopkins news. It's the Hopkins version of the infamous *Onion*, and writers do not have to be experienced but are required to have a sense of humor. So if you're interested, e-mail bnbj@jhu.edu for meeting times and

None of these exciting selections pique your interest? Don't be afraid to create your own club!



COURTESY OF CNET.COM

Look forward to Mondays and the chance to dance by joining JHU's Dance Dance Revolution club.

Curb waistline expansion and stop the freshman 15

By LEAH MAINIERO

place.

There are also many community service opportunities on campus. If you like children, join the Tutorial Project. If you like clowns, join the circus. But if you're nuts about children and clowns, then the Clowning Around Baltimore program is perfect for you. Students adorn bulbous red noses (nothing too creepy) and travel to hospitals, the Ronald McDonald House as well as nursing homes around the inner city to cheer up patients. The first meeting is on Sept. 24 at 7 p.m. on the 12th floor of Charles Commons. Prepare yourself for smiles (or tears).

Another interesting community service organization is the Baltimore Rescue Mission Clinic which is located in downtown Baltimore. Hopkins undergraduates and medical students volunteer at the men's homeless shelter by assisting with physical examinations. This includes getting the patient's history, performing basic tests such as measuring blood pressure and providing medications. The group meets every Wednesday at 6:20 p.m. at Shriver Hall. It's a great way to prepare for med school, so attention future physicians: Get involved!

The performing arts are also popular at Hopkins. For those of you who have always dreamed of being the star on stage but have a little stage fright, try for the Chinese Lion and Dragon Dance Troupe. This cultural dance performed at weddings, birthdays, festivals and community service events is believed to bring prosperity, and the best part is, you never have to show your face. For a small "chang," or donation, that the lion snatches from your hand, it can even dance for you! It does require some balance, and martial arts skills are important. If interested, go to the SDS Room in the Mattin Center on Saturdays from 11 a.m. to 1 p.m. or Wednesdays in Levering from 9:30 p.m. to 11 p.m.

None of these exciting selections pique your interest? Don't be afraid to create your own club!

don't eat right before you go to sleep.

When you do need to pull that all-nighter and finish that problem set or essay, keep healthy snacks like fruit, granola or popcorn on hand. Also, pay attention to what you drink to stay awake. Many energy drinks come in a two-serving package, so for every bottle you consume double the calories recommended on the label. When ordering your favorite Starbucks concoction, specify skim or soy milk and avoid whipped cream, syrups and entire packets of sweetener. Though a cup of coffee does not contain a lot of calories, a cup of coffee loaded with sugar and whole milk does.

Watch what you eat

We all do it; when we walk into the FFC the smell of French fries is the first thing that hits us, and we make a beeline toward the fried food station. But when you fill your plate with junk food, you end up with a meal with little nutritional value and lots of calories and fat. Focus instead on making healthier choices that will give you energy and fight hunger longer. Try to eat high-protein foods like chicken, fish, lean beef, nuts and beans with your meals. Look for complex carbs like whole wheat, whole grain cereals or oatmeal, and always fit in servings of fruits and vegetables.

Don't overeat

Though the choices at the FFC can sometimes be overwhelming, filling three plates with food is not necessary. Of course, the dessert table and soda dispensers are always tempting, but try to eat and drink them in moderation. Do you really need to eat a chocolate chip cookie or a glass of Mountain Dew with every meal?

Watch out for beer

Partying is a big part of college life; what most students don't realize is that beer and other alcoholic drinks are loaded with calories, without any nutritional benefit. An average can of light beer contains over 100 calories. Multiply that by a few games of beer pong or kings, and you've got a lot of calories that you may not feel up to burning off the next morning.

Start the day off right

For most of us, it takes effort just to make it to that 9 a.m. class at all, and breakfast is often the last thing we have time to think about. But starting the day off with breakfast will give you energy and help prevent binge eating later on.

7-step guide to getting along with a perfect stranger

By STEPHANIE DELMAN

Under any other sort of circumstances, if someone ordered you to share a 12 by 12 foot cell with a total stranger who, yes, may listen to music at the same decibel as you do, but may also be a pedophile with a phobia of showers and a penchant for sleeping in the nude, you would probably be a bit hesitant to comply. But this is college, so it's all part of the experience, right? You may very well end up living with someone who becomes your best friend. But if your roommate is more of the soap-phobic variety, here are some tips for making it through until May.

Step One: Assess the situation. If you opened the door to your suite last week to find a nice-looking kid who shares your passion for cleanliness, early bedtimes, ocean-themed color schemes and the soundtrack to *Enchanted*, count yourself as one of the lucky ones. If, however, you can recognize the scent of rotting garlic and B.O. as soon as you step off the elevator, you might want to consider setting a few immediate ground rules. Usually, you will be able to tell the difference between these characters by the time nightfall comes around.

Step Two: Voice your values. It's better to set a few immediate ground rules than

to sit and stew while your suitemate lets his month-old dishes pile up in the sink. After the initial meet-and-greet, casually mention that cleanliness is of considerable importance to you. If this provokes no reaction, add that your therapist has recently diagnosed you with Obsessive Compulsive Disorder — but no worries, as long as everyone picks up after themselves, you'll be a whole lot less likely to have any kind of manic outburst.

Step Three: It's the night before classes start. You spent your evening Googling your professors, and you retire to bed at midnight, while your roommate is nowhere to be found. At 4 a.m., she stag-

gers into the room, turns on all the lights, and proceeds to tell you about her Crazy Krunk night at WaWa. "Don't you have class at 9 a.m.?", you ask as she throws up into your trash can. There's no sense in expressing your concerns to her that night, as she definitely will not remember your heart-to-heart the next morning. The next day, then, ask her if she wouldn't mind respecting your sleep the next time she decides to come home as the sun is rising.

Step Four: It's two weeks into the semester, and Step Three seems to have failed. Proceed with attempts at honest communication. This, above all, is the key to Roommate Success. Do not resort to the classic Note on the Whiteboard. Passive-aggressive notes will only lead to pent-up anger and, most likely, the chance that your roommate will show off your thought-out notes to his friends. Try to get your roommate alone and express, firstly, your concern for their hygiene/nightly routine of getting wasted/insistence on hiding a parakeet in the shower. More often than not, simple communication works best.

Step Five: Your roommate didn't take well to the little chat. She insists that the parakeet has as much of a right to live in your suite as you do. Once you meet this sort of reaction, there is no way to reason directly with your roommate. Go directly to your RA (Resident Advisor). One of the major reasons each floor or house has an RA in residence is so that he or she can deal with these sorts of issues and ease tensions between roommates who don't see eye-to-eye. You may talk to your RA in confidence, and, unless they share your roommate's unfortunate obsession with parakeets, they will guide you to the right line of communication.

Step Six: For whatever reason, tensions with Ms. Parakeet have risen out of your or your RA's control. If your living situation has left you feeling uncomfortable, vulnerable, or invaded in your own room, it's time to find a new roommate. The best time to figure out that you are irreversibly incompatible with your roommate is early on — the first few weeks of school, or, at the very latest, before winter break. If you have decided that your living situation is no longer comfortable or tolerable, take your complaints directly to Residential Life. Res Life deals with extreme cases of roommate incompatibility, and you can find them in the office of AMR II or at (410) 516-8283. The assistant directors will try to help you to fix your problems, and if it still isn't working out, they can move you to a different room.

Step Seven: You're in a new room, with your new roommate, and a swanky window view of St. Paul Street. Try as hard as possible to get along with this roommate, or at the very least, live in civil disregard for each other. If you can't manage to do this, you may have to realize that Ms. Parakeet wasn't the problem — you were.

Hopkins puts the "R" in the word Geek

By DEMIAN KENDALL

As students who have yet to experience Greek life at college, your mental image of fraternities and sororities are most likely similar to images you've seen in movies such as *Old School* and *Animal House*. And now I suppose it's my responsibility as a member of a Greek fraternity to tell you that your experience, should you decide to pledge, may not be quite the same. Will Ferrell occasionally streaks through the quad up to the gymnasium, but that's about as far as it goes.

Johns Hopkins boasts a whopping 22 Greek organizations, including ten social fraternities, four social sororities, four multi-cultural organizations and four organizations in the National Pan-Hellenic Council. Whether you're looking for a place to further your business or law career, play powder puff football or chug a beer with a John Belushi look-alike, chances are Hopkins offers what you need.

However, some of you may be in the dark when it comes to all this Greek terminology. Don't worry; you're not alone.

A social fraternity or sorority is a

Johns Hopkins chapter of a national organization. These organizations are not restricted by academic major, grade point average or ethnicity. In fact, one of the merits of this particular facet of Greek life is that in a single chapter, one can meet a wide variety of students from all different backgrounds, cultures and interests.

The Greek organizations at Hopkins are very involved in philanthropy throughout the Baltimore area. Numerous chapters have volunteered at homeless shelters and food drives, and participated in pasta dinners, cook-offs and even a gritty championship of powder puff football in the past year, all of which raised a significant amount of money for local charities. One fraternity even shaved the heads of almost all of its members to collect money to support the cure for Crohn's disease. While the Hopkins social Greeks are often pigeonholed into "frat-tastic" stereotypes, their contributions in the community often surpass any other organization on campus. So the title "social fraternity" is somewhat misleading.

Johns Hopkins's social fraternities include: Sigma Alpha Epsilon, Alpha Delta Phi, Alpha Epsilon Pi, Beta Theta Pi, Lamda

Phi Epsilon, Phi Gamma Delta, Phi Kappa Psi, Sigma Chi, Sigma Phi Epsilon and Pi Kappa Alpha. Hopkins's social sororities include Phi Mu, Kappa Alpha Theta, Alpha Phi and Kappa Kappa Gamma.

However, the social side of Greek life is not for everybody. Johns Hopkins also provides four cultural sororities, including two for Asian-Americans (Alpha Kappa Delta Phi and Sigma Omicron Pi), one for Hispanic women (Lamda Pi Chi), and one multicultural sorority (Delta Xi Phi). These chapters contribute just as much as the social organizations in the philanthropy department, while also providing several opportunities for scholarships, internships and eventual career development.

Hopkins also has four chapters in the National Pan-Hellenic Council, including an African-American fraternity and sorority (Alpha Phi Alpha and Alpha Kappa Alpha), and two other nationally-supported sororities (Sigma Gamma Rho and Delta Sigma Theta) whose goal is to further the lives and careers of their members and mold them into women of character and potential.

So you've just had hundreds of Greek letters and terms thrown at you all at once and you may be stressing out a little bit. Here's the best part. You have time to think about it. At Hopkins, freshmen are not allowed to pledge a fraternity or sorority until the spring semester, so you'll have ample time to shop around and find that particular one that is perfect for you. During that time, the Office of Greek Life is always available (located in the Mattin Center) and each organization will host information sessions and specialized events toward the end of the fall semester. So you have plenty of time to relax and get as much information as you need, and more importantly, get to know the individual members of the different groups. After all, when spring rolls around, you may end up calling these once-strangers your brothers or sisters.



Neighbors WaWa and Pike are two fraternities located conveniently on North Charles Street.

JOHN PRENDERGASS

The inside scoop on finding a rewarding job at Hopkins

By HUSAIN DANISH

Imagine you have just finished a week of midterms, you don't have any major assignments and you just want to go out and have some fun. Only one thing can ruin your plans: money. More often than not, to do anything in Baltimore, you'll need to spend some cash. And unless you have just won the lottery or still have a good amount of money even after all your college expenses, you will need to find a way to make some money.

Of course, the easiest option would be to sell drugs at the nearest street corner or prostitute yourself out. But let's assume you have some self-respect. The next best option is to check out the Johns Hopkins Student Jobs Web site (<http://www.jhu.edu/~stujob/>). Here, jobs from all over Baltimore, including Homewood campus and the medical school, are listed. To get started, first create your online resume through the University's employment services.

The student job search is a very easy function to use. Simply select where you are interested in working and whether or not you have work study. For those who have no idea where they want to work, keep your search broad. Go through the list and compare different jobs based on hours, pay and likeability. Various different jobs are offered across the campus. One of the largest student employers on campus is Rec. Center. There are plenty of positions and hours are flexible.

Some students take the opportunity and work at the other Hopkins's campuses, including the medical school. While most jobs are secretarial jobs like filing papers and organizing paychecks, some jobs offer opportunities to work in a lab. Though the commute to work is longer, jobs at the medical school tend to pay more on average than the jobs offered at Homewood campus.

Several students also work off-campus. Many are hired as babysitters or tutors for local area residents. However, most of



ANGELI BUENO

Student Employment can help students find permanent work on campus, while also providing temporary job listings for shorter term work.

these jobs will require you to have your own means of transportation.

Many students at Hopkins also qualify for work-study, a financial aid program set up by the Federal government. Under work-study, the Federal government and employer will each pay for a portion of your salary. Work-study has no effect on your wage: students with work-study are not paid more or less than students without work-study; it merely affects who will pay your salary. The advantage of work study is that any money earned under work-study will not be held against you the next year when you apply for financial aid. In addition, some employers will only hire students that qualify for work study. If you are not sure if you have work-study, ask your financial aid advisor.

However, if you feel that taking a job

during the school year will distract you too much from your studies, then taking a summer job might be your best bet. Employers across the campuses are need of employees during the summer months, when most of the students go home. The student jobs Web site is constantly updated, making it easy to find a job during any time of the year, including summer.

Of course, there are other ways of finding the perfect job. On Sept. 5, the Student Jobs Services will host its annual job fair in the Glass Pavilion. Come ready with copies of your resumes and meet with possible employers face-to-face. Some employers will even conduct interviews on the spot. Several other career fairs occur throughout the year. These are great opportunities for you to learn about future job options after graduation or even find

a summer internship.

Jobs are constantly being posted across campus. Simply keep your eyes open. Talk to friends and upperclassmen to see if they know any potential campus jobs.

Looking further into the future, after graduation, you will need to find a job in the real world. It is never to early to start to think about future career options. The best place to visit is the career center, located on the third floor in Garland Hall. Their Web site offers useful tips on how to write a resume, what to do at an interview and future career options. If you have any questions, simply come to the office at anytime and they will be more than glad to help.

With a little patience and hardwork, finding a job will be easy. Have fun job searching.

Practicing your religion (or finding it) on campus and in Charles Village

By HUSAIN DANISH

Life is not all about good grades, money and success. For many, there is a deeper meaning to life. For those who are trying to find that deeper meaning or for those who want to continue to practice their faith, Johns Hopkins offers several options.

The Interfaith Center (IFC), located on the corner of University Avenue and N. Charles Street, provides an array of different facilities for many of the religious

groups on campus. The goal of the center is to promote the understanding and appreciation of the different faiths practiced here at Hopkins. The center also holds weekly meetings for students to come and openly talk about their faith in a friendly environment.

There are a wide variety of faith-based groups on campus including the Muslim Student Association (MSA), the Hindu Student Council (HSC) and the Buddhist Students Association (BSA). Prayer servic-

es are held often. To contact these groups, go to their Web site or visit the Interfaith Center.

The University Baptist Church is located on North Charles Street. The church holds weekly services every Sunday. Johns Hopkins has a very strong and vibrant Christian community, with over 15 different Christian groups. There is also a Catholic church at 29th and North Charles Streets.

For students observing Ramadan, the MSA hosts gatherings every day at the

IFC at sunset for the breaking of the fast.

Hopkins Hillel Center is also located on North Charles Street, near the Baltimore Museum of Art. Hopkins Hillel works closely with the various Jewish student groups on campus including the Jewish Student Association (JSA) and Ketzev, the Jewish student a capella group.

These faith-based groups are also open to all students at Johns Hopkins, including graduate students. Graduate student fellowships are also available.

HITTING THE BOOKS

Saving your butt a night out at a time: covered grades

By MING WEN

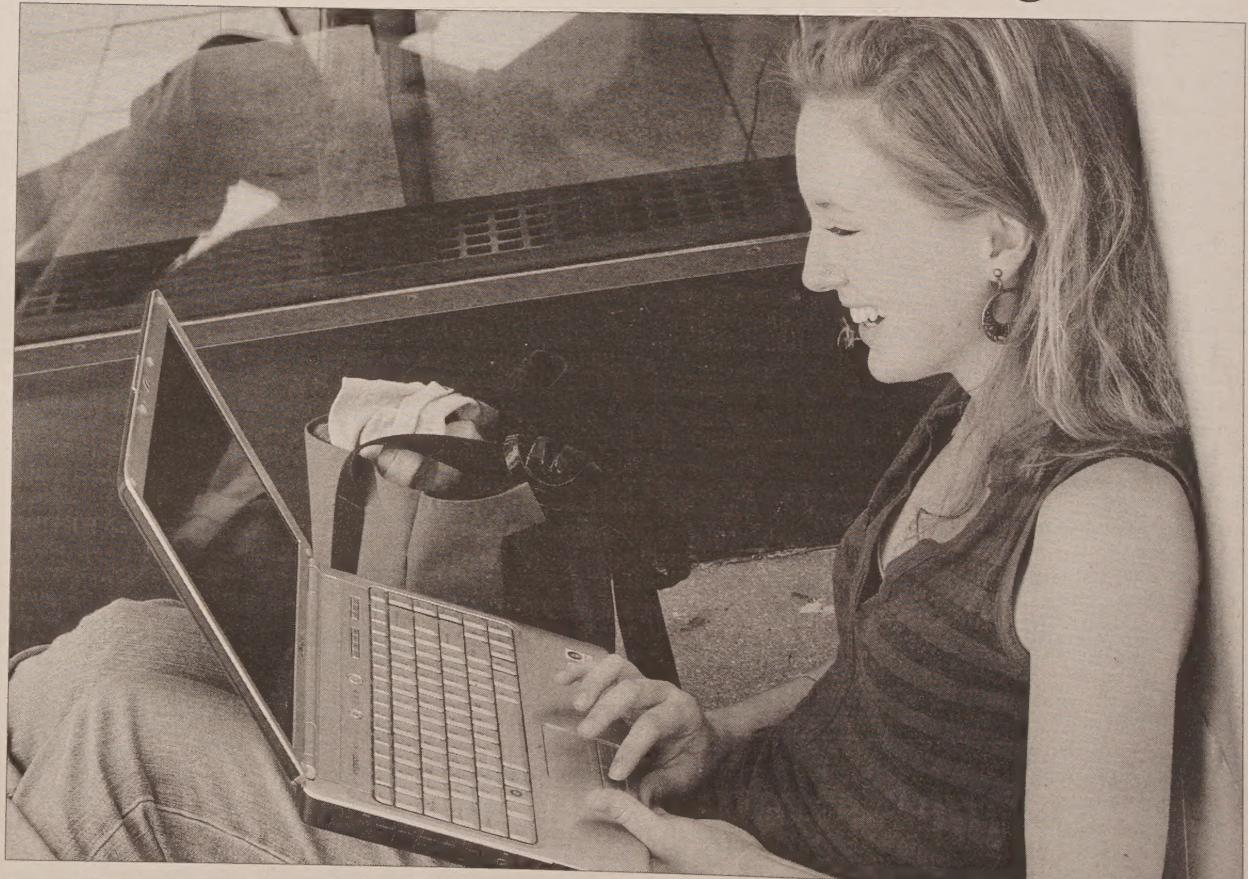
By this point in your "orientation" to Hopkins, you've probably heard plenty about the covered grades policy for first semester freshman, and, odds are, you liked most of what you've heard.

The covered grades policy (also known colloquially as "pass-fail"), assigns grades of "satisfactory" or "unsatisfactory" to all classes taken by freshmen in their first semester at Hopkins. The rationale for this 38-year-old policy, also shared by other colleges such as MIT, Brown and Reed, is to gradually ease incoming freshman into the college workload and allow them to explore classes and areas which they might otherwise have ignored in their quest for a glorious GPA.

According to the Student Handbook, the letter grades earned by students in their first semester at the university are not reported on the transcript. Each course that is passed with a grade of C- or above is assigned the letter S (for Satisfactory) instead of the usual A-, B+, C-, etc. Letter grades below C- are assigned the letter U (for Unsatisfactory). Although a student earning a U in a class has not met the standards for "passing" it, he or she will still receive credit for the course if a D or D+ was scored before it was covered.

It appears that these rules apply only for first semester freshmen, so, sorry transfer students, you're going to have to learn to walk by running. For the rest of the wide-eyed freshman, nothing will likely be savored more than the opportunity to go where your interests lie, without having to worry about the consequences of a ruined GPA, and yes, to even have a lot of fun without a book and to not feel guilty about it. But take this blessing with a grain of salt. Overdo the shenanigans and you could very well end up with a very nasty looking U on your transcript — especially if you elect to tackle difficult courses normally suited for sophomores or juniors. (Organic Chemistry comes to mind).

Critics of the covered grades policy point to the fact that compared to other years, freshman year courses are easier and covering them is passing up on a potential GPA-booster. They also be-



Sophomore Claire Davis can no longer enjoy the benefits of covered grades. After first semester freshmen year, only one grade may be covered per semester. ANGELI BUENO

moan the lack of effort on the part of some students. But is anyone listening, really?

If you're feeling ballsy, your first semester of freshman year can provide an opportunity to dive right into the deep end. But do please know what you are involving yourself in. Often it is easy for high-school hotshots such as yourselves to bite off more than you can chew, especially at Hopkins.

If you think I'm blowing a load of hot air, however, and really want to impress those med and grad school adcoms, you can still make Dean's List by accumulating an overall GPA of 3.5 or better your first semester.

The opposite accomplishment, earn-

ing a GPA south of 2.0, will land you in Academic Probation this semester, or any semester.

While we're exploring our options here, I'd just like to point out that all Hopkins students have the opportunity to cover the grade of one class per semester, provided the class is outside the student's major. But don't even think about covering the grade up after you've tanked; there is a deadline close to the beginning of each semester.

For the great majority of freshman, however, pass-fail first semester will provide much-needed breathing room as you adjust to the little things in life that have changed.

Roommates, managing your time and

living on your own, for example, seem simple enough in theory — until your parents have left on the last flight home and it all sinks in.

A piece of advice for these souls — use the covered grades policy as it was intended.

Don't blow off your studies aiming for the minimum because later courses will build on your knowledge. But more important, don't ignore opportunities to get to know your fellow classmates and take in all that college life has to offer.

At the end of the semester, when you meet with your guidance counselor to look over your grades, the best you can do is a column of S letters. And maybe a shiny "Dean's List" badge to go with it.

Escape the ordinary with some off-beat, funky study spots

By HEATHER BARBAKOFF

The library is boring. Sure it has books and desks and wireless internet, but that's where everyone on this campus goes to study. Chances are you'll see everyone you know and won't actually get any work done at all. And sometimes when you go to study, you actually want to go study.

But there are some places on this campus that are slightly more exciting to study, a bit more unusual, some might say. And generally, they are not thought of as places to study at all, therefore getting a lot less study-traffic.

The Baltimore Museum of Art (BMA) sculpture garden is adjacent to campus, making it both an easy and beautiful spot to get work done. While it is closed on Mondays and Tuesdays, the sculpture garden provides both shady and sunny spots to sit with benches, ledges, steps and tiny patches of grass. It is close enough to campus that the Hopkins wireless network will probably still reach, and the sculptures provide lots of lovely scenery.

Another option is the front steps of the BMA on Art Museum Drive (they are not actually the entrance). The large marble steps provide you with some aerobic exercise before and after studying and the large marble lions will scare you into keeping your nose in a book. Keep in mind that these steps are on a main road, so you might want to bring headphones or earplugs if that will be a distraction. For a scenic but distraction-less spot, try the sculpture garden on the way to the Rec Center. You can study in a gazebo or on a gigantic-stone squirrel. What more could you want?

Keeping with the "outside studying" theme, avoid the beach. Everyone studies on the beach. Instead, try one of the quads: Upper, Lower or Decker. The Lower and Decker quads are probably the least used as study space, with Decker Quad probably being the quietest. Bring a blanket if you don't want bug bites or a muddy behind (sprinklers water all the quads nightly, and sometimes the grass remains wet).

The reading room in Hodson Hall is a nice place to study for more traditional study-spot seekers. Located on the first floor of Hodson (you enter the building on the second floor, not the first), the study room is usually open on weekends as well as during the week. It has at least one computer and is wireless. The only downside is that all the portraits can occasionally be creepy, especially if you've gotten little sleep. Fortunately, Hodson has on the second/main floor a little area with tables that are usually free on weekends. While not as secluded as the study room, it is still a nice option.

If you're willing to leave campus, there

are local places nearby that offer great places to study. One is the Village Learning Center located at 2519 Saint Paul St. It might sound far away (Charles Commons is at 3300 N. Charles) but it's really only a short walk down St. Paul. Or, the JHMI shuttle can drop you off a block away. Formerly a branch of the Enoch Pratt Free Libraries, the VLP is equipped with computers and a loaning library. The VLP is a great place to get work done while feeling as though you've "escaped" from Hopkins.

Another place only a shuttle stop away is the Enoch Pratt Central Branch in Mt. Vernon. Located at 400 Cathedral Street, the Central Branch is merely a 5 minute walk from the Mt. Vernon shuttle stop. Functioning essentially as Baltimore's public library system, Enoch Pratt provides all the same services with ample study space and convenient hours. Plus, it's nice to study in an environment not filled with Hopkins students freaking out over their next midterm.

The Evergreen Café in Roland Park (501 West Cold Spring Lane) has a delicious breakfast/brunch menu, but it also has wifi, table space and a neat view of the street. It's a great place to go for a couple of hours, get your food on and then hang around with that last lingering up of coffee. It's not a far walk from campus, so it again provides that sense of being far away from all



ANGELI BUENO

The BMA Sculpture Garden provides a serene study spot for those looking to escape the monotony of the library.

the hub-bub without actually having to go far away. Keep in mind that it is a restaurant, so it can get pretty loud.

Those are just a few suggestions of where to go when studying in MSE brings you down. Granted, not all of these environments may be ideal for you, but it can't hurt to give them a go.

Know the no-frills study spots for just getting it done

By ANNE FABER

Sooner or later at Hopkins, students find they have to find a place to study. While the dorm room can sometimes provide a good environment for this, the Hopkins campus is chock full of study-friendly places.

Whether to avoid a roommate, satiate a coffee addiction or prepare for a brutal final exam, the MSE library provides ample options. Café Q, located on the top floor, offers tables for books, food and a casual atmosphere for friends to go over those last minute facts while sipping coffee before class, or to take a break from hardcore studying on lower levels.

M level, right below Café Q provides a casual work environment complete with semi-comfortable couches, study desks and outlets for laptop plug-ins. It is a great resource for study materials, reference books and most importantly, the students studying with you. On this level students are encouraged to study in groups at large work tables. And, while food is forbidden here, coffee and other drinks are allowed.

Below M level, the work environment

becomes more and more Spartan. On these levels, individual work stations begin to outnumber group sessions, and by the time you reach the lowest level, D Level, studying is conducted as silently as humanly possible. While these levels are excellent for individual work, the work stations are in limited supply, and during peak study times, can fill up quite quickly.

For those students who require a quiet work environment and don't mind trading in the benefit of asking questions of fellow students, wandering into academic buildings on campus usually yields an empty classroom or two from which to choose. In the empty classrooms, there is no shortage of space, and the nearly empty building is pleasantly quiet. There are also wall outlets where a laptop can easily plug into.

For the flexible studier, the game rooms in the basements of the AMRs are typically empty and complete with couches, TVs and pool tables for the perfect combination of studying and playing around. These rooms are hit or miss, however, because they are primarily intended for study breaks. So while studying here, be

prepared for sporadic loud interruptions.

When looking to leave the dorm rooms in the fall and spring, when the un-air-conditioned AMRs left me sweating for a place to study, Hodson provided a cool and quiet relief. This building is a bit of a hike from the dorms, but the cool air makes it worth it for all-day study sessions.

The Krieger Computer lab is great for those without computers or for students who need access to programs like Adobe Photoshop, Matlab or others like them. Located in the basement of Krieger hall, room 160, the tech lab is sometimes hard to find, but is a valuable resource with extensive hours, open continuously through weekdays and only closed on Friday and Saturday nights. It even has print stations on site for conveniently taking your completed work with you.

For those who feel like getting out of the basement, studying out on the beach is quite satisfying on a sunny day. The beach is a perfect place for leisurely reading while working on a tan. With an open mind, there is no shortage of places to study on campus — almost any room or space can be used for that purpose.

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- * Minimizing waste will better enable us to maintain the high quality campus dining program we all enjoy
- * Despite any minor inconveniences, it's [simply the right thing to do.](#)



Study habits to help you make the grade

By HEATHER BARBAKOFF

If you got into Hopkins, you probably studied during high school. Chances are you even studied hard. But you're in college now and in addition to waking up at noon and eating EasyMac at 4 a.m., you're going to have to hit the books. And here at Hopkins, we study hard. Since you came to Hopkins, chances are that you already know this and if you didn't: newsflash. There are no easy majors, and even the "easy" classes require a significant amount of effort.

That's not to say that here we don't have fun or we don't know how to balance the Hopkins motto of "Work hard, play hard." Because we do, and soon, after covered-grades are done saving your freshmen behinds, you will too.

And because you're new here, and we want to like you, here are some tips for fostering good study habits now as a freshman. The sooner you get into the habit of studying efficiently the more time you will have for what we call "a life."

But, you say, we got into college! We studied in high school for the AP exams and the SATS. We know how to study! Oh, silly, silly freshmen. Obviously you studied then, but college is a different kind of studying. You will be expected to know facts and how to apply them. You will write long papers on theses based on tiny portions of books that you just "skimmed." Take this senior's advice and establish the habits below and your four years at Hopkins will be smooth sailing.

First and foremost: do the homework. The professors and TAs generally won't check to see if you did it, but skipping assignments will catch up with you by the time that the first exam or round of papers come around. And just so you know at Hopkins, we never take tests. They are pretty much always midterms. That having been said, these assignments count for a lot and sometimes nearly your entire grade in a course. Complete them. Maybe one week you can't get all the reading done on time for class, and it's not the end of the world. But make sure that before the next assignment is due that you've completed the one you scrimped; otherwise you'll become so backlogged that the final will be a nightmare.

Secondly, clear off a space to study. Whether you like to study in your room or you like to travel to the library, make sure that when you are studying all you have around you is what you need to study. This will limit the number of distractions you have and increase your productivity. Don't try studying on your bed. This generally turns into naptime.

Plan a specific time to study. Set aside X-number of hours per week and fit them into your daily schedule. Study a little bit at a time rather than continuously in large



ANGELI BUENO

Making and sticking to a study plan and avoiding distractions are good study habits to establish early on.

chunks of time. Know what kinds of assignments you have and plan accordingly. For instance, a problem set may take you two hours and reading a novel might take you several days. Adjust your time accordingly. Also, you know yourself best. If you set your alarm at 8 a.m. to study and you continuously hit the snooze button, then plan to study later in the day.

Set goals for yourself. While I am a fan of the "For every chapter I read, I get to eat a Skittle" method of rewards, make it something that will force you to strive. Perhaps completing your writing assignment means you and a bud can go to Coldstone later. Maybe getting all of your math work done means you can watch a movie with your roommate. Whatever works for you. Also, take study breaks. Not hour-long study breaks, mind you, but every hour or so, stretch. Go for a walk for ten minutes, grab some coffee.

When you go study, make sure you have everything you need with you. It sounds dumb, but you'd be surprised. Double check before leaving that you have all the notebooks, highlighters, post its, everything. And carry at least two subjects worth of work with you. If you get bored or frustrated with one, switch to the other. This increases your productivity by keep-

ing your morale high. So what if you can't balance that chemical equation right now — go read some Nietzsche and come back later. With a clear (or possibly confused) mind, the chemicals might be easier later on.

Turn off your cell phone, AIM, Gmail chat or other messaging devices. They will distract you. You might think that you can do both, but let's clear this up now. You can't. If you're on a break, sure, jump on real quick. But once you decide that you want to go back to work, bye-bye! Also, unless you need your laptop, don't bring it with you. You'll be surprised at how much more efficient you work — and how much lighter your bag is. And don't go on Facebook. Just don't do it.

Bring a snack and a bottle of water. If you're hungry you can't work, same if you're thirsty. Plus, being hydrated is just a good general health tip. But go to the bathroom before you begin to work. If you're thinking, "Man I have to pee" at the end of every paragraph, it's no good.

There you have it: tips for effective studying to integrate into your daily routine. Mix and match, follow them all. It's really up to you to find a study plan that you can stick to. These are just merely the tools.

No naps for students in these interesting classes

By LEAH MAINIERO

Whether you're looking for a way to fit in that last distribution credit or simply in the mood to try something different, Hopkins offers some wild and crazy courses this semester. Here's a sampling of the most interesting courses offered.

070.395 Anthropology of Clothes

Ever wondered why stiletto heels, though designed to torture your feet, are still enormously popular? This course explores the deeper reasons behind why we dress the way we do and the messages we convey through our everyday fashion choices.

371.131 Studio Drawing

Not an artist? There's no pressure if you've never drawn before since this course is designed for students with little or no studio drawing experience. Just make sure you show up for the first day of class or you can't take the course.

130.257 The Archeology of Food

Sitting in the Fresh Food Cafe, you've probably wondered on more than one occasion where the food on your plate actually comes from. This class covers the origin of food in ancient civilizations and the important role food played in their survival, development and cultures. Just don't show up to class hungry.

270.320 The Environment and Your Health

Germophobes and neat freaks beware; you'll wish you could live in a bubble after you study water-borne diseases and hazardous waste issues, that is, before you move on to tackle even more threatening problems like global warming and ozone depletion.

100.309 Sailors Ashore, Afloat, and Across the Line to Piracy: Perspectives in 18th Century Maritime History

Check out the real pirates of the Caribbean in this course that investigates how pirates and the seamen they preyed really lived, both at sea and on land.

040.223 Everything in Moderation? Exploring Wine in Ancient Greece

Check out this course that explores Ancient Greek behavior and attitudes toward wine consumption and how it relates to religion, gender and ethnicity in Greek society. Not only will you be exploring a fascinating culture, but you may be able to teach your modern-day Greeks a thing or two.

You don't have to break the bank to buy your textbooks

By HUSAIN DANISH

There are few things that remain constant over time: prices will rise, technology will get better, the past will become "the good ol' days," and yes, college will be expensive. To add to the high costs of tuition, room and board, college students everywhere are forced to go out and buy over-priced textbooks from their college book store. Hopkins is no different.

It is a reoccurring scene every year: the unknowing Hopkins student will go online to the JHU Barnes & Noble Web site, enter their classes and magically all his textbooks will appear in a neat list. The inexperienced Hopkins student will then take this list to Barnes & Noble, at St. Paul and 33rd Streets, go to the second floor, find each of their books and buy them. A painless process, right? Well, if you consider paying \$500 a semester on textbooks painless, then sure. But, I would bet most people would like to spend that money on something else.

What if I told you there was a way to cut your textbook costs in half? You probably think I am crazy, or at least making this stuff up. What I am about to share with you is one of the bookstore's best kept secrets.

The answer, my dear friends, is the internet. There is a vast market of new and used books sold through many online forums like Amazon, EBay and *Half.com*. Just enter the ISBN or Title and Author of any textbook and in moments, you will be presented with a list of books, of varying conditions, being sold for 40 percent to 60 percent of the price that you will find at the bookstore.

Of course, not everyone has the time to check each and every Web site for great deals on textbooks. A sticky predicament, indeed, but one with a solution. Various online databases, such as *campusi.com*, that compile the results of all Web sites and presents them in a neat and organized fashion. Here, you can compare prices from different sites and find the best deal.

Sometimes shipping and handling costs can become too large a fraction of the price of the actual textbooks. Try talking to upperclassmen who have taken the classes you are interested in to see if they can sell you their books, or use Facebook Marketplace for your on-campus textbook shopping.

Once the semester is over, and the textbooks have served their purpose, you can sell your books back online and maybe even make a profit.

Now, I must warn you: there are people on these Web sites who will try to cheat you. Be wary. If you have a question, ask it. Most importantly, keep a record of any emails you had with your seller. Do not buy from sellers with low ratings. If a problem ever arises, file a complaint with the Web site.

For those students with laptops, another great option is digital textbooks, which are computer versions of the very same textbooks you use in class. Various digital textbook databases exist, such as Gigapedia. You can also request digital

Purchasing textbooks from Web sites such as *half.com* can drastically reduce the amount of money you spend.

versions of your textbooks through the MSE Library. However, the one major downside is you will constantly be glued to the computer screen when using digital textbooks. While some may have no problem wasting hours in front of the computer, others can find this quite nauseating.

One of the great banes of students is the fact that new textbook editions are constantly coming out. Even worse, newer editions are many times nearly identical to older editions, with very few minor changes (altered page numbers, grammatical changes) but will cost four times the amount of older editions.

Do your research: if you know that

an older edition with the same content exists, buy the older edition. But contact your professors ahead of time and ask if an older edition would be acceptable.

The same goes for international editions. These books, intended for students in developing countries, are often imported in large quantities by online sellers. The content is the same but they are printed in black and white and on cheaper quality paper. However, the cost difference is dramatic: International editions can cost a fourth of the price of a U.S. edition.

With careful planning, you can easily save hundreds on textbooks and spend that money on the more important things.

Get the most out of the most popular building on campus

By ANUM AZAM

You might think the social center at Hopkins is the AMRs, Pura Vida or one of the variety of frat houses surrounding Homewood, but it's really the Milton S. Eisenhower Library that occupies that place in students' hearts. Certainly you can plan to spend most of your time there. Your friends will.

The MSE library, presiding at the top of the hill behind the beach, houses over 2.6 million volumes and over 20,000 journal subscriptions. Luckily the building is large enough to encompass such a collection; beneath Q-level and M-level, four more stories exist for your studying, reading and research pleasure. Why didn't they build the library in the usual orientation, from the ground up? Traditionally,

no structure on campus can be taller than Gilman Hall, the oldest academic building. Though you may have heard stories about smoky layers of gloom and despair that drift on the ceiling of a tomb-like D-level, in reality this is an unfair description. Every underground level is designed to include windows and permit natural light, and there are no zombies hiding among the huge, dusty and admittedly creepy tomes in unidentifiable languages. However, if you plan to unzip your backpack, it might be a good idea to do that in the stairwell.

In fact each level is unique. If you want to do some hardcore studying in silence, make a cubicle in C-level your home for a day. B-level is less silent but still solid, and definitely a good place to complete your assigned readings or make a dent in

a problem set. For those looking to avoid a cubicle future, A-level is the place to be, with its large tables and group-friendly atmosphere. The audiovisual (AV) center is also located on A-level. And accessible M-level is just, you know, neat. There are days when my only conversations with actual people occur on M-level. Each level also has several small study rooms.

After a time the trek to the library becomes a regular part of your day. It's whatever environment you want it to be, within reason — don't be fooled by how all the cubicles look identical and boring. Bring headphones, a water bottle and a bag of Reese's Pieces along with your books and notes. Just don't let the security guard catch you with the Reese's Pieces because he will take them away from you and blacklist you.

Don't know what book you're looking for? Can't find the journal article? Ask a reference librarian. Librarians from every subject area reside in the MSE library and can help with everything from writing a research paper to obtaining a journal article in a defunct journal published for 14 years at inconsistent intervals that can only be accessed at the University of Warwick through the inter-library loan system.

If you need a computer and the M-level lab is full, then simply go downstairs and find a computer on one of the other levels. There are computers on each level except Q-level.

And with the Hut closed this year, the MSE library has a new 24/7 policy, so its doors are open to you literally anytime. Welcome home.

There's more to Hopkins than being just another freshman pre-med

Although it's known for pre-meds and engineers, Hopkins is home to a multitude of other majors in the humanities, social sciences and natural sciences

By CUONG NGUYEN

I clearly remember back in my senior year of high school the first time I was asked what college I was planning to attend. Being courteous and polite, I smiled and told my friend's funny and senile uncle that I was going to Johns Hopkins University in the fall. I remember him gaping in astonishment. "Wow! Johns Hopkins! I had a friend who went there 20 years ago! So do you want to be a doctor? Or do you plan to go into engineering?"

Unlike popular belief, I shook my head and said no. "I don't plan on being a pre-med at Hopkins or engineering. I'm pretty undecided as of now," I kindly replied. For a few seconds he scrunched up his face in intense thought and, all of a sudden, asked, "Well ... what else do they do at Johns Hopkins besides engineering and medicine?"

You'd be surprised the number of responses I received by other similar to my friend's uncle. This same question kept popping up throughout the summer with people asking what majors are popular at Hopkins, if I was planning to be a doctor, if as everyone a pre-med or engineering student at Hopkins, and so forth. Unfortunately, many people have this preconceived notion that all Hopkins's undergrads are either pre-meds or engineers and that they major in some sort of science such as biology, chemistry or Mechanical Engineering. Of course, this isn't the case.

Forget the stereotypes. Forget the outsider's point of view that Hopkins students are 99.9 percent pre-med or engineering. It's more than that. Hopkins offers a vast variety of different and interesting majors that will definitely spike the interest of many incoming students. With Hopkins's reputation as an excellent engineering and pre-med school, it also has an amazing reputation for many other different majors as well.

The humanities at Hopkins are really one of the best kept secrets in higher education. One of the most popular and prominent humanities majors at Hopkins is International Studies; a branch of political science that studies foreign affairs and global issues among countries and nations. The continuous advancement of technology has caused the communication and travel distance between countries to shorten, creating a new cohesive global community. With the presidential elections coming in November and the increasing presence of foreign powers in the world such as China, maybe delving a little bit into international relations will help you gain better knowledge and understanding of world issues and foreign policy.

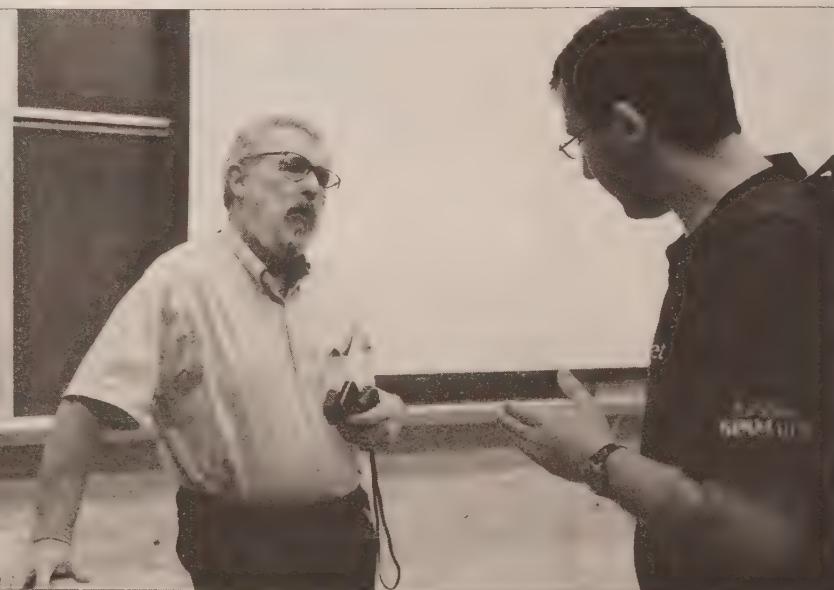
If you're one of those creative types who seems to dramatize every little thing about your life in some autobiographical screenplay or tend to write random bits of poetry on small coffee napkins at your local Starbucks, you should consider Writing Seminars as a major. It educates students in the art of writing in all its forms; fiction, poetry, prose and so on. The faculty members include award-winning novelists and poets such as Mary Jo Salter and Alice McDermott, renowned short story writers, and literary critics alike who work with students one-on-one in a rich progressive curriculum. With the small student to teacher ratios in Writing Seminars classes, you're assured to receive the attention you need to grow as a poet and writer.

If introspection and constant questioning about epistemology, metaphysics and morality is your thing, maybe studying philosophy will answer your life-long questions.

The philosophy department at Hopkins has a long standing tradition of excellence from the many philosophers who have studied and taught on the grounds of Homewood Campus; philosophers such as Dewey, Lovejoy, Boas, Mandelbaum and Schneewind. With an emphasis in Metaphysics and Epistemology, the philosophy department at Johns Hopkins is a leading figure in the study of analytic philosophy. So even if the philosophy courses at Hopkins fail to answer all your questions, it will at least raise even more questions for you to further ponder on.

The Public Health Studies Major is one of the few majors that combines science with humanities. Students can concentrate on the natural sciences, or they can follow the social science track, which consists of classes in sociology, history, economics and anthropology, along with core classes that include epidemiology and health policy and management. There are many interactive classes such as The Power of Place: Race and Community in East Baltimore that focus on the city and allow students to learn more about the area around campus and its fascinating history. Eventually majors can take classes in the Johns Hopkins Bloomberg School of Public Health at the medical campus downtown.

One of the most popular science ma-



Hopkins students can take advantage of the many renowned faculty members in a wide range of undergraduate majors.

jors is biology, which offers a B.A. and a B.S. The major encompasses principle areas in biology such as cell biology and immunobiology as well as chemistry and physics. For this reason, the biology major is perfect preparation for students who wish to attend medical school, since medical schools have the same requirements as the major. The Biology Department at Hopkins was the first established in the nation, and it provides many opportunities for research. There are numerous labs around campus and at the medical school downtown that focus on different areas of biology that accept Hopkins undergraduate interns.

The Whiting School of Engineering offers a broad variety of majors, the most infamous being Biomedical Engineering (BME). The major covers some of the most cutting-edge topics in engineering today, including computer assisted surgery and tissue engineering. While the major is often given a bad reputation for its rigorous courses and competitive students, the BME major offers some of the most interesting courses on campus such as Molecules and Cells, Models and Simulations, and Systems Bioengineering.

One of the smaller departments in the school of engineering is Geography and Environmental Engineering. The major tackles the various problems plaguing the environment today, including air pollution, urban sprawl and water conservation. One of the top Environmental Engineering departments in the country, the major is surprisingly small, currently with only 23 undergraduates.

If none of these majors seem to be satisfying or are not exactly what you are

looking for, there is always the option to create your own major. Essentially, students can arrange to make their own interdisciplinary major with approval from their department adviser and the administration. One student combined studies in psychology with Writing Seminars courses and linguistics to make a major called Perspectives.

I could go on and on about other wonderful majors offered at Hopkins; anthropology, chemistry, physics, Chemical and Biomolecular Engineering, Applied Mathematics and Statistics, History of Art and Near Eastern Studies to name a few. But take the initiative to check out the different majors. Hopefully incoming freshman have taken the opportunity during orientation to explore the different majors offered earlier at the department meetings and asked questions.

For those who still are undecided what to major in, take the time and initiative to talk to the faculty members of different departments and check out some of the classes offered. Take your time and consider your options. Determine what your interests are and pursue them. College is a time of exploration and learning; it's okay to be selfish and choose what you want to do. And why wouldn't you with all the wonderful majors offered at Hopkins?

So I remember pausing for a second, thinking about all the great things Hopkins has to offer, and telling my friend's uncle, "I don't know. I suppose everything you could possibly think of." He offered a smile and we kept talking into the wee hours of the night.



COURTESY OF CHEMISTRY.JHU.EDU

Persistence is the key to success when looking for a top-notch research opportunity at Hopkins.

Don't let intimidation keep you from a great research opportunity

By PAYAL PATNAIK

Finding a research opportunity at Hopkins may be intimidating. Hopkins is one of the premier research institutions in the country, so the process could be discouraging, especially since the school has a lot of important professors and researchers. However, as the old adage goes, if at first you don't succeed, try and try again. That's exactly how it is in the research world. Be aggressive, sell yourself and work hard. It's like how you would get any other job. Below are some tips for getting a research position.

First of all, do your research. Set aside a few hours to just read what kind of research and projects are going on around campus. Sift through department websites and get a feel of what you are the most interested in.

Go through your e-mails. This way, you can see if there are any lab openings, which increases your chances of getting the job. Ask friends if they have been e-mailed about any opportunities in other labs (since some majors get e-mails from the professors in the particular department, and you could still fit what they are looking for).

Sell yourself. If you've had previous experience, capitalize on that. Talk about what you learned and how that can help you with working in the particular lab you're interested in. If you don't have any previous experience, sell your qualities. Visit the Web site and see if they're looking for a type of person. If you're a good fit for that lab, make sure to sell those points. Show that you know your material: Mention any relevant classes or experiences that may enhance your

abilities to work there and willingness to learn.

Go the extra distance. Call the lab and see if there are any research opportunities. Have a conversation with a scientist and reiterate your e-mail. It's good to do both: it shows that you really do care and you'll probably differentiate yourself from other students in their memory.

Don't be discouraged: Usually, it's good to find a dream job, so send out one e-mail at first. You can call later if you haven't heard from the lab and see if it had any openings. But afterwards, find some other labs and e-mail those. It's always good to send out several e-mails to different labs — you never know where there will be openings and a lot of times the other jobs work out well.

Take what you can get. A lot of people don't necessarily start research for credit or money at the beginning. Usually, if you're looking for the summer, you'll get either, but during the year, you can still volunteer your time to the lab at first before you decide that you want to commit to it. It's usually appreciated and opens up doors for later.

This isn't the end. Once you are there, make sure you stay there and will have a good experience. See if you actually fit and think you'll be able to contribute to the environment. Consider the benefits that you might reap from working in your particular lab: Is your boss distant or helpful? These types of qualities are important for later on, when you look for later jobs and seek recommendations. Put in extra work and research to get the job done, and take initiative in the lab. A lot of researchers are busy and can be distant at times, so just make sure they know that you're there to help.

Venture forth and see the world through study abroad

By JESSIE YOUNG

Perhaps you've studied a language for several years and would like to polish your speaking skills. Or maybe you want to meet your graduation requirements while immersing yourself in a new culture. Perhaps you desire to do research and gain experience working in an international setting. If any of the above are the case, then studying abroad may be an option to consider.

Most students who study abroad do so during their junior or senior year, though in certain cases sophomores may study abroad during the spring semester. Through either Hopkins or outside study abroad programs, students may go live and work in another country for intersession, a summer, a semester, or a full year.

According to the JHU Office of Study Abroad, there are several important criteria to consider when making a decision about studying abroad. It's vital to evaluate your location options and determine which countries or regions interest you. Do you want to work or learn at a university, or would you prefer a smaller program? Does city life pique your interest, or would you be more comfortable in a more rural setting? And how long do you want to stay abroad?

The cost for study abroad includes the cost of the program, a Hopkins study abroad fee, and any other personal expenses. However, financial aid, whether federal, state, or institutional, is fully transferable to these programs. In fact, for students headed to non-European countries, it could be possible that the cost of learning is actually less for a semester abroad than the cost of a regular old semester at Hopkins, given the currency differences and living arrangements.

Though it's important to consider whether your financial situation allows you to go abroad for a semester or a year, it's more important to make sure that you can afford the option academically. Most students who choose to study abroad must plan their courses for two years in advance to make sure that going abroad won't delay graduation. Not all the courses that you need to take to graduate from Hopkins will be offered at an international university, so make sure you take those first, or plan so that you can take them when you return. And depending on your choice of location, make sure you meet Hopkins' stringent language requirements. You can't go to Japan without having taken enough Japanese to get by while you're there.

For a full list of the programs offered by JHU, you should visit the Office of Study

Abroad. The school offers programs in the Americas, Asia, Africa, Australia and New Zealand, Europe, Near and Middle East, and the United Kingdom and Ireland. For example, you can choose to study at the Universita per Stranieri di Siena in Italy if your interests include Art History, Italian, or History. Or you can fulfill engineering, pre-med, natural sciences, or international studies requirements at the University of Auckland in New Zealand. Or if international studies and political science are your interests, you can study at the St. Andrew's University through their Center for the Study of Terrorism and Violence.

One easily dispelled myth is that it is impossible for science majors or engineers to study abroad. With the right planning, anyone has a wide variety of options for study abroad. Depending on your required classes at Hopkins, you just have to plan ahead carefully to stay on track with your classes while you are abroad. Many students explore research options at research universities abroad. And it's no myth that large proportions of engineering students study languages to meet distribution or writing-intensive requirements, so for those students, the possibilities are virtually just as infinite. On the study abroad Web site, you can visit a whole page which outlines study abroad options for science and engineering students, by major.

And if you are thinking about studying abroad but really don't want to leave for a whole semester because you just love Hopkins so much, consider studying abroad over intersession or the summer. Short-term programs are available for both seasons, with their own requirements. During intersession, options are also available to interested students; in fact, the Intersession 2009 Program Abroad: Ecuador and the Galapagos application deadline is Friday, Sept. 26.

How do you find the Office of Study Abroad? It's located in Levering Hall Annex, Suite 04B. The resource center in the office is open from 10 am to 4:30 daily, for your research needs. Still gathering information? The Study Abroad advising walk-in hours are daily from 2:00 pm – 3:30 pm. Once you know where you want to go, make an appointment to meet with Dr. Lori Citti, the Director of the Office of Study Abroad. If you want to make an appointment with Dr. Citti, you can call the Office of Study Abroad at 6-7066 or 6-7856. There's a lot of paperwork involved, but for an experience of a lifetime, it's sure to be worth several miles of red tape.



DISTRACTIONS

Get to know Charles Village, your home away from home

By CARA SELICK

If you live on or near campus, chances are you will spend a large portion of your time in Charles Village. Charles Village is the area to the east of campus, and it encompasses the majority of the shops you'll frequent most.

Walking down St. Paul you'll pass several places to eat and shop (but mostly eat), and they're all within five minutes of any campus housing. Charles Village is home to a few cute stores, including a stationery store and Cloud 9, a clothing store.

You can also find just about any type of food there, making it a great alternative to the less-than-satisfactory campus dining. Some of the eateries even accept J-cash!

There's a Chipotle, a Subway (open 24/7), University Market (comparable to a 7-11, also open 24/7), Bert's (sports

bar/restaurant), Donna's (a bit more upscale), Karma's Café (excellent sandwiches and other smaller meals), Orient Express (fast food Chinese), Sam's Bagels, Tambers (Indian, Italian, American and everything in between), Niwana (Japanese), Charles Village Pub (bar and bar food) and, of course, Coldstone. In addition to these prepared food establishments, Charles Village also includes Eddie's Market, a small grocery store. Although it tends to sometimes have inflated prices, there are certain items you can find there that aren't available at the Charles Street Market on campus. Eddie's also owns Eddie's Florist and Eddie's Liquors.

There is also a liquor store (for those of you who are "21") on 30th and Calvert called the Schnapp Shop. While it is somewhat small and the selection can be limited at times, it is a more intimate shop where you often get to know the employees personally.

Also along St. Paul is a Bank of America, a video store that specializes in foreign films and a tailor/drycleaner.

Although the Charles Village most students see consists solely of the shops on St. Paul Street, Charles Village actually stretches further east and south from campus. A defining feature of the community is the colorful row houses lining most of the streets of Charles Village.

These homes are one of the most distinguishable icons of Baltimore as a whole. Starting as a contest for the best painted home, cash prizes were rewarded several times a year for the most colorful and artful, as an attempt to brighten up the neighborhood. These houses are now dubbed the Painted La-



ANGELI BUENO

St. Paul Street's friendly eateries and businesses create the "neighborhood" feel for Charles Village.

dies. Although the contests ended a few years ago, the houses still are bright as ever, and definitely are capable of inducing smiles.

While some upperclassmen do choose to live in row houses, painted or not, the majority of Hopkins students tend to find housing in apartment buildings. Several of these buildings are situated in Charles Village.

One cool feature of Charles Village is The Charles Village Community Benefits District (CVCBD). Essentially, this means that property owners within the district pay a special tax which in turn helps to better the community. The CVCBD helps to provide security, sanitation, and community development projects, which in the past has included the Painted Ladies contests.

Also included in Charles Village is the Baltimore Museum of Art (BMA). While it may be no Met, the BMA often has some fascinating temporary exhibits. The building itself is gorgeous inside, and, with the low price tag of zero dollars admission, is a great place to just walk around and decompress.

The museum also houses the restaurant Gertrude's, which serves "Chesapeake Cuisine." On Tuesdays it becomes "Gertie's Café" where certain entrees are only \$10.

Some top food picks near campus would have to be Sam's Bagels, Carma's Café, Bert's and, yes, Subway.

While no bagel in Baltimore has ever tasted half as good as the ones in and around New York City, at least Sam's Bagels has some awesome flavors. I personally recommend the sundried tomato bagel. They only take cash, but luckily they're right next to the bank. Carma's can be hit-or-miss, depending on how busy they are, but their turkey, brie and cranberry sandwich tastes better than Thanksgiving dinner.

Bert's is essentially bar food, for the most part, but one can become obsessed with their chicken fingers, mostly because they have excellent honey mustard sauce. And their burgers are okay too. Just don't waste your money on the wings.

And Subway...five dollar foot-long, enough said.



ANGELI BUENO

Carma's Café is a popular place for breakfast, lunch and coffee breaks.

Baltimore's neighborhoods offer new worlds to explore

When Charles Village starts to get tired, venture into Baltimore's other neighborhoods to find out what makes this historic city so quirky and fascinating

By LIZ SCHWARTZBERG

Many would call Hampden Baltimore's quirkiest neighborhood (which is really saying something!). Luckily for Hopkins students, it is only a short walk or bike ride west of campus. To get a feel for the neighborhood, I highly recommend heading over to Hampdenfest on the Avenue (also known as West 36th Street) on Saturday, September 13. The event will run from 11 a.m. to 7 p.m. and is essentially a free-admission outdoor party with live music, plenty of booze, karaoke contests, and vendors of food and everything else imaginable. Go if you've always wanted to dance in the streets and never gotten the chance; and if you have, just go to experience Baltimore in all of its delightful, bizarre splendor.

Waverly is just six blocks east of campus, and starts at Greenmount Avenue. The neighborhood is home to many inexpensive restaurants, clothing boutiques and variety stores, as well as a Rite Aid and Safeway. The most popular restaurants in the neighborhood are Thai Restaurant on Greenmount just north of 33rd, and Pete's Grille, at 32nd and Greenmount.

For years, Michael Phelps has scarfed his greasy 4,000-calorie breakfasts at Pete's — and if it's good enough for Phelps, it's good enough for us. Waverly also plays host to a massive farmers' market every Saturday from 7 a.m. to 12 noon, at 32nd and Greenmount. It's definitely worth it to get your weary, bleary-eyed self out of bed to make it in time.

Canterbury-Tuscany is a smaller neighborhood just north of the Hopkins lacrosse fields. It is a quieter, mostly residential neighborhood with a few cafes, restaurants and a combination liquor-convenience-variety store called Hopkins Deli. It's perfect for taking a lazy stroll down quiet, tree-lined blocks with a delectable beverage from One World Café or Chocolatéa in hand. If you're up for a fancier (and considerably more expensive) dining experience, check out the Indian food at the Ambassador Dining Room on Canterbury Road or the French fare at Brasserie Tatin on 39th Street. The Ambassador does offer a nearly affordable buffet brunch on Saturday and Sunday afternoons for just under \$20 per person.

Guilford, located north and east of Canterbury-Tuscany and considerably larger than the aforementioned neighborhood, is an almost entirely residential neighborhood that has arguably the most stately residences in all of Baltimore. For bikers, runners and walkers, Guilford is

the place to be. If you walk up from campus on Greenway for about 15 minutes, you'll reach a beautiful public park commonly known as the tulip garden. The park has plenty of space and beautiful landscaping and architecture to take in. It's a great place to read, take pictures, picnic, climb trees and chat with locals walking their dogs or playing with their kids.

A bit southwest of Inner Harbor you'll find Federal Hill, a historic neighborhood with a sizeable bar and restaurant scene. It's a yuppie's heaven on earth, and is home to countless young professionals and young families. It's also where you'll find the Visionary Art Museum and the Maryland Science Center. The neighborhood also attracts a lot of music lovers with its outdoor music festivals (including the upcoming Street Beat Festival, on Sunday, September 28). One of Fed Hill's biggest attractions is the Cross Street Market, where you can pick up reliably fresh flowers, produce, meats and seafood. It runs the length of Cross Street between Charles and Light Streets.

Fells Point, while not the tourist trap that is the Inner Harbor, still attracts its fair share of out-of-towners with fanny packs and disposable cameras. But don't let that stop you from checking out this scenic, historic part of the city. Some of the buildings are quite old (Fells Point was founded in 1730), and the streets are made of cobblestone. The waterfront neighborhood has seen some pretty extensive gentrification in recent years, with a flurry of new cafes, bars, restaurants, art galleries and music stores.

Mount Vernon, a major cultural center of Baltimore, is about a 10 to 15 minutes' walk north of the Inner Harbor. The neighbor-

hood is easily accessible from the JHMI shuttle (get off at the Peabody stop), and the Collegetown Shuttle (get off at Penn Station or MICA). Mount Vernon is the home of the Peabody Institute, Maryland Institute College of Art, the Walters Art Museum, Penn Station, an independent movie theater, several playhouses, and a ton of shops, restaurants and bars.

For \$1 you can go inside the Washington Monument and climb the 228 steps to the top for a panoramic view of the city skyline. There's also a lot of beautiful old architecture in Mount Vernon; the rowhouses are considerably grander than most you'll come across in Charles Village.

Inner Harbor is the neighborhood you've probably seen the most of in scenic skyline photographs of Baltimore. It's one of the safest and most tourist-friendly areas of the city. Some highlights include the Baltimore Aquarium, odd-looking paddleboats you can rent for a ride around the harbor, nearby baseball and football

stadiums, and a plethora of overpriced bars, restaurants and shops. (Cheesecake Factory and California Pizza Kitchen — need I say more?)

You'll also find a brand-new Landmark movie theater with a bar that shows a mix of low- and high-budget films, and a Whole Foods.

Canton, about a half hour's walk east of Inner Harbor, is a neighborhood that has seen a major revival in recent years. The historical neighborhood is home to several bars, restaurants, an art gallery and a coffee shop, but has a decidedly mellow feel than Fells Point. O'Donnell Square is widely considered the centerpiece of Canton.

The neighborhood has many public parks and squares, most notably the Canton Waterfront Park, an eight-block long stretch of brick walkway and green lawns perfect for an afternoon stroll or picnic. The first branch of the Enoch Pratt Library is located in Canton, and has been operating since 1886.



FILE PHOTO
Local "bawlm'er" neighborhood Hampden is home to good shopping and fun restaurants as well as the famous Baltimore "Hons."

Dance, drink or just lounge the night away in Baltimore

By JOHN KERNAN

Coming into Hopkins, you will soon realize that this is a city campus, and there really ought to be things to do. Sure, there's the Den, right across St. Paul from Wolman and McCoy, where you can see the same 30 or so people in various stages of drunk every night of the week. But where else is there to go? The first to complain will be your friends from New York. "In New York," they will say, "there's always something to do."

Never mind that half of these people aren't actually from New York (Connecticut does not count).

They are also woefully uninformed. You can keep your enormous bagels and man-eating rats, Baltimore has one of the most unique and diverse nightlife scenes around, if you know where to go.

If your idea "going out" is drinking, you're going to have some trouble — more and more bars are getting stricter, even electronically verifying IDs. But there's plenty else to do.

Mt. Vernon is classy enough to bring your parents, but cool enough to bring your out-of-town friend visiting for the weekend.

Mt. Vernon is classy enough to bring your parents, but cool enough to bring your out-of-town friend visiting for the weekend.

For those with a few extra dollars, I recommended Ixia: the kind of place where palm-sized amounts of food arrive on enormous plates, fancifully arranged. You think "rip-off," until you taste it, and it is so, so worth it. Across the street is Sascha's 527, where the food is nearly as succulent, but half as pricey. The cheese plate appetizer here is an absolute must- three fantastic cheeses, different every week, paired with fruit and crackers.

Just down the street, the Walters museum rivals the collection of the BMA. You can hop over to catch a classical concert at Peabody, or at the Meyerhoff Hall with the Baltimore Symphony. Or, get personal at Baltimore's coolest Jazz club, An die Musik Live.

Mt Vernon is also the city's recognized "gay district" — so check out the Hippo if you can get in, consistently voted the best gay club in the area.

There are also plenty of other gay-friendly bars in the area; you will see many rainbow flags flying on side streets. Don't be intimidated, though: people of

all orientations are welcome.

All of these things are within walking distance of each other; Mt. Vernon is about halfway between Hopkins and downtown.

If you decided to visit Hopkins at all before you came, you almost certainly visited the Inner Harbor. It is a huge tourist trap, of course, but, regardless, it can be fun.

Up your indie cred with a trip to Urban Outfitters (note: graphic tees are out), or at Filene's Basement, a flabbergasting experience for newcomers to the East Coast. Grabbing a few buddies and blowing \$50 at ESPN Zone sounds tired and immature, but will end up being a blast for anyone with even a bit of competitive spirit in him, i.e. all Hopkins students.

There are a few decent restaurants — all chains — in the malls. On weekend nights, street performers put on a very eclectic mix of shows, all free (donations encouraged). Sadly, though, the Harbor loses its charm after a few visits, leaving you looking for something more authentic.

Fells Point, Federal Hill and Power Plant Live turn into hedonistic party centers on the weekends. If you can drink, these are the places to visit.

Fells Point is that ultimate of college destinations. "We're going to Fells," you will recognize, is the mark of a dedicated partier. Fells Point is home to umpteen bars and middling-quality clubs. Its true specialty is bar hopping, as its open layout allows for drunken staggering between bars without the risk of stumbling into traffic.

The oft-overlooked Federal Hill has more of a mix of club-style bars, alongside the more traditional drinkeries. MaGerk's is a personal favorite. Fun fact: Federal Hill is a notorious destination for the drunken hookup. Just don't take 'em back to your dorms, please.

Finally, there is Power Plant Live. It is here that you will find the spiked hair, the stripey button-down, the fake tans. Here are the obnoxious "hot" girls that break things and think it's funny. Also here are the largest, loudest and sometimes most-fun clubs in Baltimore. Make sure you find out beforehand what is going on in the area. Sunday nights are barren, and you don't want to show up at a "theme" night when you aren't part of the theme.



FILE PHOTO

Gogol Bordello, a gypsy-punk band, performed last fall at Sonar, a popular club in downtown Baltimore.

Baltimore's music scene has artists and venues to suit your every mood

By JOHN KERNAN

Baltimore has its problems. It's the setting for one of the most popular- and violent-crime dramas of the decade. The "Believe" and "Greatest City in America" campaigns have become, literally, a joke. However, if there's one thing about which Baltimore can't be disparaged, it is its music and club scene. Baltimore has a little bit of something for everyone. Sure, you can catch bands like Tool and Maroon 5 or anything else that might pop up on Mix 106.5. But so too can you hear some thumping House music, or catch squealing feedback from an indie band that in six months your friends still won't be talking about.

If you do want to see those mainstream bands, there's nothing wrong with indulging in a little mindless music now and again — your best bet is going to be either Rams Head Live! (www.ramsheadlive.com) in the Power Plant downtown, or the Pier Six Pavilion. Pier Six holds the overflow concerts; your John Mayers, your Vanessa Carlton, your Gnarls Barkleys. Rams Head is a step down in capacity, but still boasts 26,000 square feet, and is one of the largest clubs in the country.

Venturing a little north, we find the Recher Theatre in Towson (www.rechertheatre.com). It's mostly a venue for rock musicians, and the crowd tends to consist of suburban 16-to-22 year-olds. The Recher is generally overlooked by us city kids, but is worth the brief trip up for a good show.

Next on the tour is Sonar (www.sonarbalmore.com). This Baltimore favorite is the Mecca of hipsters (or scenesters, or whatever they prefer to be called). The "big" indie bands play here, a venue with three rooms, adaptable to any size crowd. Cool kids usually show up ready to dance, so be prepared. Cheap drink specials (how can they make a profit off of \$2 screwdriv-

ers?), loud music, and neon clothes tend to lead to shenanigans.

If you're one of those who needs to experience music up close and personal, and aren't afraid of a class B (or even D) sound system, Charm City has you covered. The recently rechristened Hexagon (www.myspace.com/lofisocialclub until they get their act together) in Station North is a two-room club with a capacity of perhaps 100 people, when the fire marshal isn't looking. The club is somehow able to find several bands a week that barely register on Google, but somehow make a scene for themselves in the city's newest cool district.

Just around the corner from campus is the Ottobar (www.theottobar.com). As "Baltimore's premiere venue for live sub-mainstream music," The Ottobar isn't afraid to let loose. For example, the "Prince v. Madonna v. Michael Jackson dance party" has been brought back due to "popular demand." Its proximity and diversity make the Ottobar a must-visit. Just don't be tempted to walk back to campus alone after the concert.

If there aren't any good concerts going on, don't despair. Our clubs have you covered. Anyone can figure out the Power Plant, but you don't want to miss, for example, The Depot and Club 1722, right across the street from the Hexagon in Station North. For a truly unique night out, the Lithuanian Hall (no, seriously) hosts a dance party the first Friday of every month. There's plenty of booze to grease your dancing shoes, but don't try to order anything too fancy — the bartenders are usually very Lithuanian themselves, and might give up and just bring you a beer.

If, somehow, none of this suits you, just keep your ears perked. Chances are, the kid on your floor with the old Converses and shutter shades knows about the newest, coolest sounds being played in Baltimore's better basements.

ATTENTION ALL HOPKINS STUDENTS:

Baltimore city has passed the "Neighborhood nuisance" ordinance. I feel that it is very important for every student to be familiar with this Ordinance. Violation of this ordinance may result in the padlocking of a Residence and eviction of all tenants for up to one year.

To view this ordinance in its entirety, go to:

<http://cityservices.baltimorecity.gov/charterandcodes/>

From the drop down menu, select "19 police ordinances".

This will pull up a pdf.

From the index page, select "43a n'borhood nuisance" and read pages 117-121.

If you have any questions about this ordinance or any other community related concerns, please email me at liaison@jhu.edu.

Regards,

Carrie Bennett
JHU Student/Community Liaison
Office of the Dean of Student Life

4th Annual

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Make some extra popcorn and head over to the silver screen

Whether it's an indie flick or a blockbuster, Baltimore has a theater for you

BY ALEX VOCKROTH

The city of Baltimore has a deep relationship with the world of cinema, from being home to iconoclastic screenwriter/director John Waters to playing host to many a film crew. Baltimore also has a variety of theaters that collectively suit just about any cinematic taste. Here are a few best bets for theater-going Hopkins students and what they can expect to find there.

Situated near the Inner Harbor, Landmark Theatres at Harbor East is the closest multiplex to campus and is also Baltimore's most posh movie theater. It's new, it's huge, and it's got comfy rocking seats.

The concession stands feature not only the stand-bys of candy and popcorn but also crabcakes and a full bar. Landmark screens the latest big-studio releases in addition to some independent films.

The Maryland Science Center in downtown Baltimore houses an IMAX theater that offers an intense 3-D movie-going experience. Because of its location, the theater often shows science-related documentaries but offers some new releases as well.

The Rotunda Cinematheque is a small theater in the Rotunda shopping center just north of campus in Roland Park. This theater only has two screens and often shows a blockbuster on one and an independent film on the other. The Campus Security escort vans have a route that includes the Rotunda, but on a nice day, it's just a mile-long walk up University Parkway.

If you're in the mood to feel superior to the cretins seeing the latest Will Ferrell formula film, head to the Charles Theater, just a block north of Penn Station. The Charles shows a wide variety of films, from domestic indies to foreign films to Italian opera.

Occasionally they choose to show more mainstream films as well. The theater also boasts film revival series in which classics return to the big screen. Conveniently located on the Hopkins shuttle route, the Charles is a great place to see a film.

Towson's Senator Theatre is a historic Baltimore institution. The gorgeous theater has a classic movie-house style that makes going to the movies seem like catching a talkie in Old Hollywood. Built in 1939, the Senator has seen financial troubles in recent years, but the fiercely loyal people of Baltimore have continued

to patronize the Senator for wide-release premieres, special events and revivals of classics. Everyone who ever calls Baltimore home owes it to themselves to make at least one trip to the Senator.

Located in the heart of Towson, the AMC Towson Commons is about 20 minutes from campus and located within walking distance of a Collegetown Shuttle stop. It's a typical multiplex with 10 screens showing the latest big releases from major studios. Nothing too special, but the Commons is right on the main strip of Towson on York Road, where numerous restaurants, shops and bars line the street. The four-story Towson Town Center shopping mall is also within walking distance.

AMC Loews White Marsh is the largest movie theater within 30 minutes of campus. The theater boasts a large concession stand and 20 screens: No blockbuster goes unseen at this theater.

This fall, AMC plans to add an IMAX theater to Loews White Marsh as well. Loews is located on the Avenue at White Marsh (not to be confused with Hampden's Avenue), which features an array of restaurants, clothing stores, as well as fountains, sculptures and shady trees.

Baltimore transportation systems: Navigate your way through Charm City

BY ANNE FABER

One important aspect of campus life for every student is getting off of campus. For the many destinations of the Hopkins student, there are several options for getting there. If you're headed to or from a location within a mile of campus, Hopkins offers a free shuttle service that can pick you up usually within ten minutes of a request. The Security Escort Van Service phone number can be found in the upper right hand corner of your J-card.

This service is great if you're walking back to the dorms late at night or your own and concerned for your safety. But it is also used by students who don't want to walk down to St. Paul Street in the rain. In either situation, it is fast and free.

Another free option for transportation is the Collegetown Shuttle. This is a bus system that the University shares with Loyola and Towson. The shuttle heads to the Towson Mall as well as Inner Harbor. Students can access this shuttle from the bus stop in front of the MSE Library, or the stop on North Charles Street in front of the Charles Commons dormitories.

While the bus ride will take 15 to 20 minutes longer than a cab because of frequent stops picking up students from Loyola and Towson, a cab will set you back roughly \$40 for a round trip. Be sure to bring cash with you though, because the buses don't

run very frequently, and the Collegetown Shuttle has been known to be unreliable, so you might find yourself waiting for the bus for long periods of time.

Another shuttle runs from Hopkins to the medical school campus. This shuttle runs frequently and is a free service for students. The bus leaves from St. Paul Street in front of the Barnes and Noble Bookstore.

For a jaunt to the local Giant grocery store, or to that little boutique that's just out of walking distance in Hamden, hailing a taxi is probably the best form of transportation. A simple raise of the hand can get you a ride to almost any local destination. Taxi cabs are really easy to catch around campus.

Make sure to get the cab company's phone number before you get dropped off. Otherwise, you might find yourself walking back from your destination. Taxis aren't so easy to come by on the side streets of Baltimore or Towson. This form of transportation is best done with friends so you can all split the fare. Otherwise, this can get a bit expensive over time.

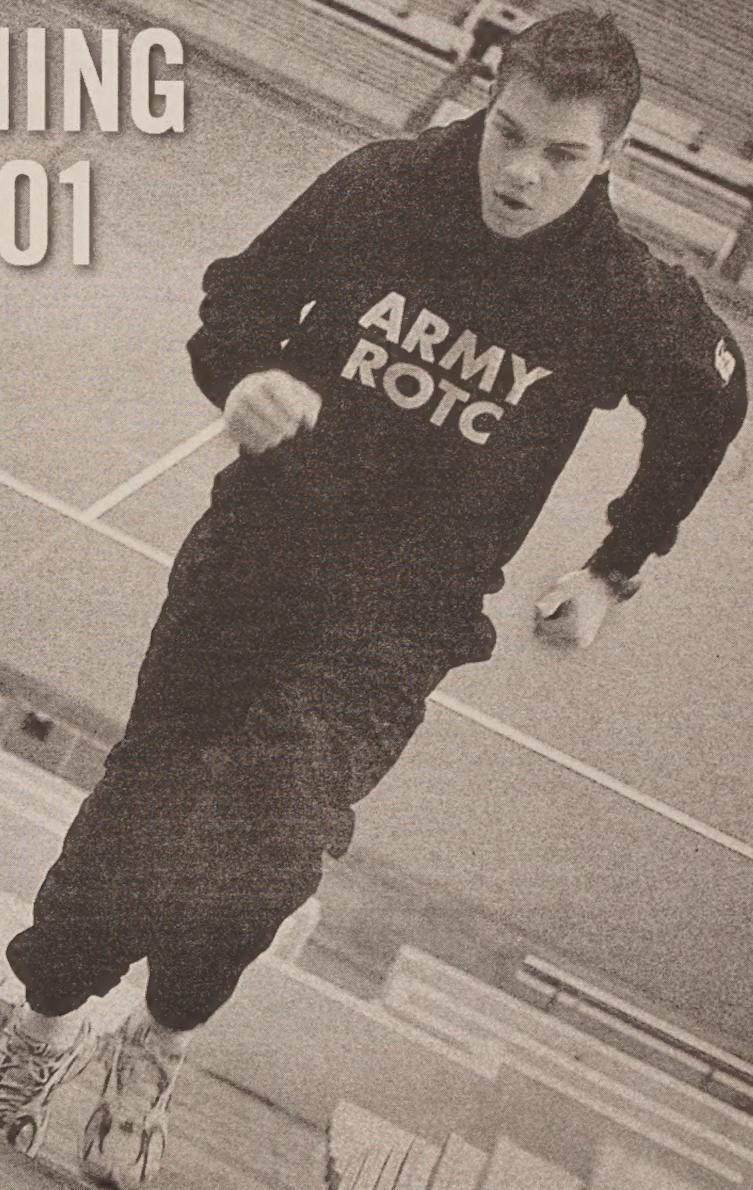
For everyday living at Hopkins, walking is the most common form of transportation for students. For morning classes across campus, an outing to Hamden in the afternoon or for partying at night, getting there by foot is often the most practical option. So, if you are in need of a good pair of walking shoes, take a cab, the Collegetown Shuttle or an escort van to the nearest shoe store.



FILE PHOTO

While more expensive than the Collegetown Shuttle, taxis are another option that can students have for a speedy delivery to their desired destination.

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